

# Bavarian News

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U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

November 28, 2007

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## Tricare cuts upfront dental care costs

### *Families no longer pay first when visiting preferred providers*

by **ADRIANE FOSS**  
*Editor*

Military family members overseas no longer have to pay the upfront costs of dental care when visiting a Tricare-preferred host nation provider.

This is a long-awaited policy change for many junior enlisted families who had to scale back or forego dental care due to the steep costs.

Prior to the change, overseas military families were required to pay the full cost of their procedures before receiving care when visiting host nation dentists.

The families would then file with Tricare, the military's health maintenance organization, and wait for reimbursement. This proved a financial hardship, and sometimes impossible, for those who simply could not afford a \$400 or \$500 dental bill while waiting for a reimbursement.

Tricare has enlisted many host-nation dentists to become preferred providers and will continue to enlist more over the next year. For a listing of the preferred dentists in your area, visit [www.tricaredentalprogram.com](http://www.tricaredentalprogram.com).

According to Maria Ingram, a dental

service coordinator for Tricare Europe, the initiative is in its early phases. During a Nov. 19 interview with the Bavarian News, Ingram said Tricare had about 50 preferred providers for Germany.

There are about several hundred more who have not yet been approached and given an opportunity to become a preferred provider.

Ingram explained that the host nation dentists will bill Tricare directly, but reminded family members that they still have to pay a

co-pay, which could be about \$10 depending on the procedure.

She also recommended that family members ensure they have coverage before visiting a dentist. Ingram said it doesn't happen often, but she occasionally receives calls in which family members have racked up large bills only to discover they don't have dental care.

"If anyone has any questions, they should give us a call first to make sure they have dental insurance and

See **TRICARE** Page 6

## German police officer 'home' at Rose Barracks MP station

U.S. Army Garrison Grafenwoehr hailed a new addition to its police presence last week during a Nov. 21 ceremony at the Vilseck Military Police station.

Polizeihauptmeister Gerhard Maenner was welcomed as the installation's new German police liaison by garrison command and local national state and police officials.

Maenner, who has a permanent office in the Vilseck MP station, said he is looking forward to bridging the gap between U.S. and German police assistance, and to maintaining an already healthy relationship between the U.S. military and German police forces.

USAG Grafenwoehr's director of Emergency Services, Maj. Robert Ray, said Maenner will be able to help residents with everything from paying host nation tickets to assisting Americans with motor vehicle accidents off post.

"With Maenner, we've got a direct face-to-face, English-speaking representative to help with any type of situation that comes up," said Ray. "He is linked in to the German police

system, allowing us to work together with them and giving us a direct link to their assistance."

In addition to streamlining the German police assistance for U.S. families, Maenner will be able to assist



Photo by Paula Guzman

**Vilseck Mayor Hans-Martin Schertl (left) honors Gerhard Maenner as the first elected German police officer to be permanently stationed at the U.S. Army Garrison Grafenwoehr military police station, representing the German Police Force during a Nov. 21 ceremony at the Vilseck MP station.**

local nation employees.

Maenner will remain on the payroll of the Bavarian government while working Monday through Friday at the Vilseck MP station.

## Credit Union donating holiday gift cards to military families

*Staff report*

Service Credit Union is donating gift cards valued at \$30,000 to families needing holiday assistance across the 14 Army and Air Force bases where the credit union's 15 branches serve in Germany.

Richard Tolle, Senior Vice President of Overseas Operations, and Service Credit Union Branch Managers, will present the cards to senior military leaders for distribution throughout the holiday season. A total of 375 Visa gift cards will be donated to help families buy food and gifts.

"The cards are in the mail and expected any day," said Tolle in an e-mail response to the Bavarian News. "As soon as they arrive (even if they are late for Thanksgiving), we will give them to each garrison CMS, or designee, for distribution throughout the community."

He said the cards will be distributed as follows:

■ Vilseck/Grafenwoehr Community: 15 of the \$50 cards for Thanksgiving and 20 of the \$100 cards for Christmas.

See **CREDIT UNION** Page 6

## Deployed Soldiers see loved ones for Thanksgiving

Story and photo by **Sgt. KEITH M. ANDERSON**  
*16th SB Public Affairs*

Some Soldiers from the 41<sup>st</sup> Transportation Company, 18<sup>th</sup> Combat Sustainment Support Battalion, Grafenwoehr, were given something to be thankful for this Thanksgiving.

The transportation Soldiers from

Camp Taji, Iraq, about 50 miles northeast of Baghdad, spent some time with their loved ones at Grafenwoehr via video teleconference Nov. 20.

The VTC was the first for the company, and for many of spouses, the first time they had seen their husbands or wives since the 41<sup>st</sup> Trans. Co. left for Iraq in late July 2007.

Because of mission requirements in

theater, not all of the Soldiers could participate in the event.

Velasco said that this was the first VTC for the company, but that they plan to do it again.

"Those who missed the Thanksgiving VTC will get to take part in the Christmas VTC," said Capt. Angela Velasco, commander, 41<sup>st</sup> Trans. Co. rear detachment.

Diana Rogers said that this is the third deployment for her husband, Sgt. Daniel Rogers, a motor transport operator, but the first time she's been able to do a VTC.

"It was really great to see him," Rogers said. "We usually e-mail each other, and he calls, but not very often."

Rogers said she was grateful that her son, Michael, could see his father. "Michael really got excited that he could see him."

For Candi Clark, who is seven-months pregnant with her second child, a girl, the VTC was reassuring. "Every time you get a chance to

see that he's okay and tell him you love him—" she said.

Clark said that her husband, Sgt. 1<sup>st</sup> Class Michael Clark, platoon sergeant, 41<sup>st</sup> Trans. Co., has been able to see their six-year-old son Michael over webcam a few times.

"He reads stories to (Michael)," Clark said. "We encourage him to read."

Soldiers couldn't spend the holidays with their families, but the VTC was the next best thing.

"It was almost like he was in the room with us," said Shelly Cohen, whose husband, Chief Warrant Officer Calvin Cohen, maintenance officer, 41<sup>st</sup> Trans. Co., is on his third deployment. "He couldn't believe how tall the girls have gotten, how much they've grown."

Cohen said she was grateful that her husband could see the children, Quartney, Chanelle, Nia, and Caryl for Thanksgiving.

"It was wonderful," Cohen said. "We appreciate seeing him, all of us together."



**Diana Rogers, and her son Michael, 6, talk to Sgt. Daniel Rogers, motor transport operator, 41<sup>st</sup> Transportation Company, 18<sup>th</sup> Combat Sustainment Battalion, 16<sup>th</sup> Sustainment Brigade, in a video teleconference at the 18<sup>th</sup> CSSB conference room, Grafenwoehr, Nov. 20. Rogers is currently deployed to Camp Taji, Iraq.**



## Q&amp;A

What are *you* thankful for this *Thanksgiving*?

**Capt. Michael Hansen**  
(Bamberg)  
"That my parents are coming to spend it here in Germany with us."

**Kimberly Augustine**  
(Bamberg)  
"That my husband is home and that we are all healthy."



**Dijon Holland**  
(Bamberg)  
"For the friendship and support of my friend Gina and for my husband who makes sacrifices for me and our country."

**Elizabeth Gonzalez**  
(Bamberg)  
"I am thankful for all the Soldiers who have volunteered their time to help the community with the holiday toy drive."



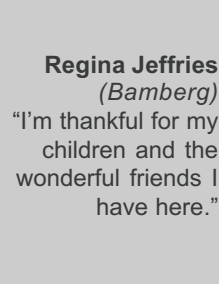
**Jeffrey Jackson**  
(Bamberg)  
"That we are here today and that the troops are supporting our freedom. And that I get to see my dad after Thanksgiving."



**Khalil Matheney**  
(Bamberg)  
"My family. That my dad will be here for Thanksgiving."



**Staff Sgt. David Hernandez**  
(Bamberg)  
"To be able to spend the time here with family and friends instead of in Iraq."



**Regina Jeffries**  
(Bamberg)  
"I'm thankful for my children and the wonderful friends I have here."



## Bush: troops among America's blessing

by DONNA MILES

American Forces Press Service

President Bush issued his Thanksgiving greeting today, counting members of the U.S. military among the many blessings Americans have to be thankful for.

"Today, the men and women of the United States armed forces are taking risks for our freedom," the president said at historic Berkeley Plantation in Charles City, Va. "They're fighting on the front lines of the war on terror, the war against extremists and radicals who would do us more harm."

Bush noted that many U.S. troops will spend Thanksgiving far away from the comforts of home and expressed thanks for their service and sacrifice, as well as that of their families. "We keep their families and loved ones in our prayers," he said. "We pray for the families who lost a loved one in this fight against the extremists and radicals, and we vow that their sacrifice will not be in vain."

Americans are grateful to live in a time when freedom is taking hold in places where liberty was once considered unimaginable, the president said.

He noted that the number of democracies in the world has more than doubled since the early 1980s.

"From our own history, we know these young democracies will face challenges and setbacks in the journey ahead," he said. "Yet as they travel the road to

**"We pray for the families who lost a loved one in this fight against the extremists..."**



President George W. Bush speaks with actors Jim Curtis and Mattie Jones during his visit Nov. 19 to the Thanksgiving Shrine at Berkeley Plantation in Charles City, Virginia.

White House photo

freedom, they must know that they will have a constant and reliable friend in the United States of America."

Bush expressed gratitude for U.S. soldiers, sailors, airmen and Marines and all other Americans "who serve a cause larger than themselves," from police officers to firefighters to religious leaders to ordinary citizens who become good Samaritans in times of distress.

The president noted America's long tradition of giving thanks during Thanksgiving celebrations. He recalled the first Thanksgiving celebration in the New World, at

Berkley in 1619, and the Pilgrim's Thanksgiving after their first harvest in New England.

He also noted times in the nation's history when fighting forces have paused to reflect on all they have to be grateful for.

"We remember that George Washington led his men in thanksgiving during the American Revolution," he said. "And we remember that Abraham Lincoln revived the Thanksgiving tradition in the midst of a bloody civil war."

The sound of a bugle call first adopted by Union forces at Berkeley during the Civil War serves as a reminder of the sacrifices made for the freedoms Americans enjoy today, Bush said.

"The bugle call has become known as 'Taps.' And when we hear it play, we remember that the freedoms we enjoyed have come at a heavy price."

Service member understands *why* she's in Iraq

## COMMENTARY

by Air Force Master Sgt. MELISSA PHILLIPS

American Forces Press Service

Before I left for my current deployment, an 8-year-old asked me out of the blue, "Why do you have to go to Iraq?" It stopped me in my tracks.

I remember thinking, "How can I possibly answer such an immense question without somehow tainting her view on this unpredictable world?"

When I deployed to Southwest Asia in 2002, a fellow airman told me that he explained to his daughter why he had to deploy by telling her, "Daddy has to go help feed the camels in the desert."

After about two months into his tour, he said, his 4-year-old told him on a telephone call, "Daddy, someone else needs to feed the camels. I want you to come home."

I thought that was such a cute, bittersweet story, but I knew the camel trick definitely was not going to work on the well-informed 8-year-old bookworm who posed the question to me.

I wanted to say something profound and comforting, but I was at a loss to answer her. After all, I was headed for a war zone where people don't always come back alive, and there is no easy explanation to ease the worries of family and friends.

After a few ums and ahhs, I heard myself tell her, "We have to help the good guys fight the bad guys who are trying to hurt them."

She seemed satisfied with the response, gave me a beaming smile and ran off to play. I sat there stunned.

I had been trying to avoid thinking about

the reason why I was going back to Iraq.

After my conversation with her, I thought, "Is it really that simple? Do good guys still win in our universe? Can U.S. and Coalition forces really help a nation of people overcome their differences to rebuild a stable country? Who exactly are the good and bad guys?"

In reality, I know there isn't a black-and-white answer to these questions. That's hard to accept by a nation of Americans who pride themselves on their logical and forward-thinking mindset.

To service members' advantage, we are used to operating in the gray. While it's unfortunate, and although we do our best to avoid it, it's accepted there will be collateral damage in war. Lives will be lost. Families and innocent people will be hurt on both sides. I don't like that reality. However, I firmly believe we are doing more good in Iraq and Afghanistan than harm.

I've seen it with my own eyes. I've witnessed children receiving the first stuffed animal or toy they've ever had, and I've seen their eyes light up. I've seen thirsty and hungry people barely surviving in blistering 130-degree heat receive life-sustaining supplies.

I know most Americans don't have the opportunity to witness the endless parade of care packages that family members send their loved ones to give to the Iraqi people: shoes, clothes, wet wipes, diapers, food and more. I had the privilege to see the goodness in people on both sides, despite the harsh conditions that brought them together.

Many military members, and those who

**"Do good guys still win in our universe? Can U.S. and Coalition forces really help a nation of people overcome their differences to rebuild a stable country?"**

countrymen or neighbors for the greater good of their collective society. They are the bad guys.

Not only is our mission to destroy the bad guys, the U.S. military spends a huge hunk of time on humanitarian missions. We patch up Iraqi and Afghanistan children when they're sick or

hurt. We provide medical services that a vast majority of people could never afford on their own, and might not have access to if they could.

We build hospitals, schools and a myriad of facilities that directly improve their lives and will continue to do so long after the U.S. and coalition presence is gone and this war is in the history books.

The success stories are rarely told in the media, but they occur every day. I knew that from my last tour in Iraq, but I was still confused about how I felt about this war.

Now, when anyone asks me why I'm in Iraq, I know what to say.

I'm here to help the good guys win. It's that simple.

Phillips is deployed to Iraq from 436th Airlift Wing Public Affairs, Dover Air Force Base, Del.



Cartoon by Ulani Villanueva  
5th Grade, Grafenwoehr Elementary

## Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

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# Graf Retiree Appreciation Day sets standard

Special to the Bavarian News

The U.S. Army Garrison Grafenwoehr hosted its annual Retiree Appreciation Day Oct. 27 at the Tower View Conference Center in Grafenwoehr. The event, which expanded from the formerly known Retiree Health Day to a Retiree Open House, made available representatives from more than 17 organizations offering their services to the retirees and their family members.

More than 130 retirees throughout Germany attended this event.

The day-long event kicked off with a retiree and family member registration, at which time attendees received welcome packets.

### Opening the Event

Vilseck High School’s Junior Reserve Officer Training Corps color guard presented the colors, followed by Jim Federline—the president of the Grafenwoehr Retiree Council and the garrison’s government relations officer—who officially opened the event.

Chaplain (Maj.) James Hartz gave the benediction and USAG Grafenwoehr Commander Col. Brian Boyle welcomed retirees.

The U.S. Consulate Frankfurt’s Alexander Geisler and Steve Wettle and Anthony Cifani, from the Defense

Finance and Accounting System (London, Ky.) were on hand to answer questions in regards to retired pay and Veterans Affairs/Social Security Administration.

### Important Information

Michael Malone, retirement services officer, IMCOM-E, informed retirees about important facts and changes for retirees in Europe while the garrison Legal Office assisted attendees with legal advice, powers of attorney, tax information, and wills.

The 111<sup>th</sup> Postal Office provided information about what can and cannot be mailed, weight and size restrictions, and postal services offered to Box R patrons.

Limited medical and dental services were offered during the day.

“Retirees stated that they were impressed by the services and attention to detail given by the dentists and doctors,” said Sieglinde Schedl, a garrison human resources representative and one of the event organizers.

A shuttle bus transported retirees to various service areas throughout the installation, including Bldg. 244, where the finance office opened its cash cage and the Installation Access Office renewed and issued retiree ID cards. Several attendees took advantage of the transportation

service to visit the new PX and commissary shopping center. The garrison’s newly constructed dining facility provided a brunch menu for retirees and family members.

“The booths inside the conference center were very well visited by the retirees,” said Schedl. “Some of the organizations with booths were Customs, Religious Support Office, Voting Assistance, EEO, MWR, Army Community Services, and ACAP.

“Special thanks goes to AAFES and MWR who donated door prizes for this event,” she said. “We also thank the VFW for the donation of a wonderful cake.”

### How Things Have Changed

Schedl said the retirees were mostly impressed by tours of the post as they were fascinated to see the massive changes at Grafenwoehr, “especially the new buildings, new barracks, and of course the new housing complex at Netzaberg.

“Some of the retirees were even on active duty in Grafenwoehr,” she said, “or at least have been to training in Grafenwoehr some time ago.”

### Feedback

At the event’s conclusion, attendees were given an opportunity to comment on the day’s activities.

“Retirees especially enjoyed the



Photo by Adriane Foss

**Equal Employment Opportunity Specialist Steve Vojtecky greets a local VFW member during Grafenwoehr’s Oct. 27 Retiree Appreciation Day.**

warm, family atmosphere and the friendliness of the staff,” noted Schedl. “the Berlin retirees were very appreciative for the bus transporting them from Berlin to Grafenwoehr. They felt the support from the command was fantastic.”

### Great Example

“This Retiree Appreciation Day today set the standards for the

future,” said Col. (ret.) Robert Mentell, president of the Army in Europe Retiree Council.

He said the day was a special day for retirees, “from start to finish a winning event.”

Schedl said it was a team effort that made the event a success and extended a special thank you to the members of the Grafenwoehr and Berlin Retiree Council.

## Retiring overseas? Here are some things to consider...

by JIM FEDERLINE

Grafenwoehr Retiree Council President

What sort of things is a person and his family faced with should they desire to retire and remain in Germany?

Upon retirement, the retiree and family are no longer entitled to individual logistics support from the U.S. government, however, some agreements have been reached with the host nation to offer limited services at AAFES, DECA, and banking facilities.

Here are some of the steps and requirements that must be taken:

■ Prior to retirement, the retiree and family members must request a German motor vehicle operator’s permit through the USAREUR Registrar of Motor Vehicles, so that when they have reached retirement they will be permitted to operate a vehicle in Germany and Europe according to German law. For additional information, contact the local Provost Marshal’s office.

■ Prior to retiring and turning in the USAREUR license plates, if they had a POV registered under the USAREUR system, they must then register their POV with German authorities – that includes a 100 percent German inspection of their POV at the German TÜV, where (if the vehicle passes inspection) they will be issued a Fahrzeugbrief (equivalent to a title of ownership), then they can register the vehicle in the German system.

The owner will be issued German license plates, but will no longer be authorized to purchase gas or gas coupons at AAFES facilities. Immediately the retiree will be subject to annual German tax on their POV (which is expensive).

■ Once retired the retiree and family members must register in the city where they reside at the “Ausländeramt” (Foreigner’s Office).

■ Retirees must also register with the local U.S. Customs officials, and then report to the local German customs authorities in order to be permitted “limited” shopping opportunities (no rationed items) in AAFES and DECA facilities.

Once registered with U.S. Customs, they will receive a document that they take to their local German Customs office where they will be issued a “pink (customs) card.” This card must be shown whenever shopping in AAFES/DECA facilities, then the retiree must report to the local German Customs office with their AAFES/DECA receipts by the fifth calendar day of every month where a 13.5 percent import tax will be assessed to their purchases.

There are other requirements related to customs issues, and retirees should check with

the military customs office in Vilseck for more information.

■ Retirees are still entitled to send and receive personal mail at the APO, however, receipt and sending of personal mail is restricted to a one-pound limit. Received packages must be taken unopened to the German Customs Office to determine if an import tax is to be assessed.

■ In retirement, the retiree and family members can only use the DoD banking facility on post to cash their retirement checks. They are not authorized to maintain an account with that bank here in Germany.

If the retiree so chooses, he can have his check deposited electronically at a local German bank through international electronic deposit. Retirees are however authorized to maintain their Credit Union account, but may not start an account with the credit union after retirement.

■ Retirees usually have no problem seeing the military doctors at the medical clinic and are eligible to get a scheduled appointment, however, no regular dental care will be available to the retiree or family members unless space available treatment is made available, which is extremely limited or not available at all.

*Note: the closest U.S. hospital to Grafenwoehr is located in Landstuhl or Heidelberg. Appointments are very difficult to make due to the mission of the hospital supporting our Soldiers down range and Soldiers and family members referred from clinics in the European theater.*

■ Retirees in Europe are afforded the opportunity to attend one of many Retiree Appreciation Day’s with personal discussions with representatives of the Defense Finance and Accounting System; the Federal Benefits Unit and Veteran’s Affairs representatives (U.S. Consulate Frankfurt); legal assistance to prepare wills, powers of attorney, EEO; ACAPS; Chapel Services; I.D. Card issuance; installation pass issuance; passport applications; and limited medical and dental services.

The U.S. Army Garrison Grafenwoehr RAD took place Oct. 27 this year. Retirees from all over Europe came to participate and were pleasantly surprised to experience the “family support” atmosphere provided to all retirees and their family members. Food and beverages were provided throughout the day.

The RAD also included a brunch at the local newly renovated dining facility. A shuttle bus was available between all the facilities that supported our RAD and a special bus tour was conducted for all interested to see the “new” Grafenwoehr post with its new or newly

renovated facilities and the recently constructed housing complex at Netzaberg.

■ Retirees are highly encouraged to register with the U.S. Army Garrison Retiree Services Officer, who is located in the Human Relations Directorate, Bldg. 244. Once registered, you will receive the “Retiree Bulletin” which is published periodically and mailed to your retiree post office box, or your home address.

This bulletin is used to communicate with our fellow retirees and keep them informed on the latest changes that affect retirees overseas. The U.S. Army Garrison Grafenwoehr Retiree Council is very active within the community and is an extension of the commander’s arm to reach out to the retirees in our area of responsibility.

There are approximately 700 retirees, widows, and widowers in the Grafenwoehr area, 300 retirees, widows, and widowers in the Berlin area, and an additional 300 retirees, widows, and widowers in the U.S. Army Garrison Garmisch area of responsibility.

In addition to these three major areas, we have retirees who come to us for assistance from Austria, the Czech Republic and as far away as Budapest, Hungary.

**Q: Where does the highest concentration of retirees in Europe live?**

A: IMCOM-Europe must first develop a map outlining the “Retiree Footprint” showing what garrisons have the support mission to retirees residing in specific areas in Europe, then we will have a clearer idea of how many retirees are in each area of operations.

**Q: How do our retirees stay “in the loop,” or in contact with support services?**

A: Retiree bulletins which are a combined effort of the RSO and Retiree Council.

**Q: What was the feedback from this year’s Retiree Appreciation Day, and why is it important for us to host RADs?**

A: The general comments made by almost everyone serviced at the U.S. Army Garrison Grafenwoehr RAD were that this was the best RAD they had ever attended. It surpassed all expectations and it was very personable.

People were treated as if they belonged to the “big” family of retirees. It was retirees supporting retirees. RADs are conducted annually to give retirees in Europe the opportunity to receive services and support that they may not be able to get because they reside too far away from the service providers or they may not be aware that there is a service provider available.

That’s why it is so important to be registered with the local Retiree Services Officer.

**Q: What are the most common complaints of retirees living in Germany? Retirees in other European countries?**

A: In Germany, medical and dental services reduced (unless they have German health care), APO services – limited to one pound, customs requirements if shopping at AAFES/DECA. Each country has worked out separate relations with the U.S. State Department concerning the status of retirees living in Europe.

What applies in Germany doesn’t necessarily apply in neighboring Belgium, Holland, and Italy where we also have bases.

**Q: Any issues that are currently being worked? Who should retirees contact about retiree-related problems?**

A: TRICARE Rate Hikes, TRICARE Co-payment, Inadequate Medicare or TRICARE Funding, Reduction of Payments to Medicare, and TRICARE Providers.

TRICARE reimbursement rate should be comparable to Blue Cross/Blue Shield Standard Plan under the Federal Employee Health Benefit Program, TRICARE Dental Insurance for Retirees, Patient verification of Medical Record entries, Influenza Inoculations, Refundable Credit for Premiums Paid Under MEDICARE Part B, Seamless Military/VA Health Care System, Tax-free healthcare-related premiums, Continuation of Installation Retiree Appreciation Days, Funding for Retiree Assistance Officers, Retiree Services Office Staffing, to name a few. Retirees who have problems or questions should refer them to either the Retiree Services Officer or Retiree Council.

**Q: Are there any retiree policy changes on the horizon?**

A: Tricare Dental.

**Q: What is the biggest misconception about retirees in general, and retirees living abroad specifically?**

A. The biggest misconception, in my opinion, is not being informed about what is available to retirees residing in Europe. Retirees need to be registered with their local Retiree Services Officer and the local Retiree Council in order to remain informed about issues that have a direct impact on them.

Widows and widowers fall into the same category. There are many widows and widowers who are not receiving entitled services because they are not informed about what is available or who they should turn to obtain necessary information.

B. Retirees in Europe do not have the same support they received while on active duty. They are now subject to European gas prices, customs laws, and limited U.S. postal service. Lack of medical and dental support are additional distracters that make someone think twice before deciding to retire and live in Europe.

**Q: Do they have a good working relationship with the garrison?**

A: The RSO and the Retiree Council both have super relations with the command group. A regular exchange of information and command guidance and support are provided. It’s a two-way street.

**Q: Are retirees who are visiting from the U.S. eligible to shop in AAFES and DECA facilities?**

A: Generally no, however if they are here for more than 30 days, retirees can apply at the U.S. military customs office for shopping privileges. This is particularly helpful for contractors who are also retirees.



# Yellow Ribbon Room available for families of deployed Soldiers

Story and photo by  
**KATIE COWART**  
*Assistant Editor*

In today's age of computer technology, it's becoming easier than ever to stay in contact with friends and family that are far away.

This is also true when your spouse is deployed, thanks to the Army Community Services Yellow Ribbon Rooms.

Sonya Arnold, the ACS information, referral, and follow-up program manager, explained the exact purpose of the room.

"The Yellow Ribbon Room is for families of deployed Soldiers and civilians," she said. "The room is set up for deployed families to communicate with Soldiers downrange or who are away at school."

The room, which is located in the Vilseck ACS, contains a total of 10 computers, six of which have Web cams. The Grafenwoehr facility has four computers, each with a Web cam.

The computers can be used with AKO, Yahoo, MSN, and AOL messenger systems, which are already installed. Each computer also has an instructions manual next to it to walk a first-time user through accessing these programs and utilizing their options.

If you have a hard time catching your Soldier online for a face-to-face chat, another option is also installed on the computers: Vidi-Talk.

Vidi-Talk allows the user to record up to five minutes of streaming video

that can be accessed with high or low speed connections, which provides accessibility for those downrange.

The video is uploaded to a server, at which point the user e-mails the link to the intended recipient. The user can send the link to multiple recipients as well, who can access the link multiple times.

Most of the time, there is no wait to use a computer. Since the time limit for use when others are waiting is 30 minutes, a user will not have to wait any longer than that. The time limit when there is no line is one hour.

The Vilseck room moved into the ACS building in July, right at the beginning of the 2d Stryker Cavalry Regiment deployment, from its previous location that served past deployments since 2004, according to Kay Simpkins, the mobilization deployment program manager.

"The Yellow Ribbon Room was generated in 2004 as a (U.S. Army Europe) directive. It came from concern for 1st Armored Division so that families isolated in Europe had a way to come together to communicate," Simpkins said. "We don't want families to feel isolated."

The Yellow Ribbon Room not only has computers, but a section of books on deployment. Most are primarily children's books to help kids understand what's going on with the deployment process and how it will affect them.

Another resource linked to ACS is the availability of counselors on post specifically for deployment related issues. There is one for Grafenwoehr



The Army Community Services Yellow Ribbon Room is set up for families to communicate with their deployed Soldiers. It includes 10 computers (six with Web cams) and children's books about deployment.

and one for Vilseck. They can be reached at CIV 0173-184-7209 for Vilseck or CIV 0152-0293-4290 for Grafenwoehr.

The Yellow Ribbon Room got its name from the yellow ribbons used to symbolize waiting families.

"The yellow ribbon has been the symbol for waiting families for the last 25 years. This is a place for families to gather, get information, and strengthen each other," Arnold said.

The Vilseck room is located in Bldg. 322 and is open from 8 a.m. to 8 p.m. Monday through Friday, and noon to 8 p.m. during weekends and holidays. The Graf facility is in Bldg. 244, room 113. They are open Monday through Friday, 8 a.m. to 4 p.m.

For more information on ACS's deployment resources, contact Sonya Arnold at the Vilseck ACS at DSN 476-2650.

## Hohenfels employee earns Stalwart Award

by **TROY DARR**  
*USAG Hohenfels PAO*

Installation Management Command's top performers for 2007 were recognized with the Stalwart Award at the Garrison Commander's Conference held at Shades of Green Armed Force Recreation Center Nov. 14 in Orlando, Fla.

For Installation Management Command - Europe, the award went to Gwen Ragle, U.S. Army Garrison Hohenfels' Chief of Plans, Analysis and Integration Office.



Ragle

"Ms. Ragle is not the best. She is the best of the best," said Lt. Col. Gary Bloomberg, USAG Hohenfels garrison commander. "The skills she brings to the community are absolutely critical in fulfilling the garrison mission of ensuring the highest level of quality of life in a secure and sustainable environment, enabling Soldiers to soldier, leaders to lead, and families to grow."

Ragle's responsibilities as the chief of PAIO are to facilitate and manage installation strategic planning, analyze and document critical functions of the garrison, measure installation quality and performance, and coordinate process improvements, said Bloomberg.

Some of the critical tasks she accomplished in the past year included implementing the National Security Personnel System for all garrison employees, initiating Lean Six Sigma, coordinating and facilitating a 12-person AAFES Council Working Group, and assembling a team of employees from across the garrison to work on the Army Performance Improvement Criteria, said Bloomberg.

"I was shocked because it was so unexpected," said Ragle. "It was a real honor to be recognized as one of the top IMCOM candidates."

"When a lot of people turn away from new ideas such as Lean Six Sigma or Army Performance Improvement Criteria, I embrace them," said Ragle. "Most people don't recognize the value of these programs, but I think they have really helped me develop a successful career through focusing on programs that help improve organizations."

The Stalwart Award is presented to Soldiers and civilian employees who stand out as model leaders and exemplify the spirit of IMCOM, according to an IMCOM press release. The criteria for being selected for the Stalwart Award includes representing high standards of performance, promoting the IMCOM mission and vision, and work performance in an exemplary manner.



Approximately 300 Soldiers and family members from Bamberg, Schweinfurt, Ansbach, and Stuttgart gathered to celebrate the return of the 630th Military Police Company with food, drinks, sumo wrestling, and mechanical bull rides during a Nov. 8 welcome home celebration at the Roller Realm.



Photo by Paula Guzman

### No fear

Dental assistants Tina Vennebush (rear) and Priscilla Manriquez, show 4-year-old John Arredondo, son of Sgt. 1st Class Michael Arredondo, 12th Chemical Company, that there is nothing to fear from the water spray at the Grafenwoehr Dental Clinic Oct. 31. Arredondo visited the clinic in his Darth Vader costume on Halloween.

Full-time contract position (assistant editor) available with the Bavarian News. Pagination experience needed. E-mail [adriane.foss@eur.army.mil](mailto:adriane.foss@eur.army.mil) for information.

### You Mail It, We'll Deliver!

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To ensure delivery of holiday cards and packages by 25 December we suggest that mail be entered by the recommended mailing dates listed to the right:

- 27 Nov..SAM Parcels
- 04 Dec..PAL Parcels
- 11 Dec..Priority Parcels
- 11 Dec..First Class Letters
- 20 Dec..Express Mail

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# VFW celebrates 2007 Veteran's Day with Czech neighbors

by NICK D'AMARIO  
Editor

While Veteran's Day is celebrated in the U.S. and every U.S. military community worldwide, it is also celebrated in countries where the past deeds and heroism of U.S. Soldiers have left their mark in history.

One such place is Rokycany, a town of 25,000 people, just east of the city of Pilsen in the Czech Republic – a town liberated by U.S. Soldiers at the end of WWII.

While the number of participating VFW members celebrating Veteran's Day in Rokycany has diminished in recent years, the spirit of these men and women – Soldiers both past and present – has not.

This year's celebration included a special appearance by six female cadets from Vilseck High School's 18<sup>th</sup> JROTC "Falcon" Battalion.

The cadets were chaperoned by Maj. (ret.) Michael Farley, senior Army instructor for the JROTC Program at VHS, and Sgt. 1<sup>st</sup> Class (ret.) Mitchell J. Pollock, commandant of cadets. Farley and Pollock are also VFW members.

Pollock noted that "it is evident to this day that the people of the Czech Republic greatly appreciate their liberation from German occupation those many years ago," and that "the people of the Czech Republic treated us with the utmost respect and hospitality."

Three principle events characterized this year's Veteran's Day over a two-day period in



Photo by Sgt. 1st Class (ret.) Mitchell Pollock  
**VHS cadets who attended the ceremony were as follows from left: (saber) Pfc. Karina Touzinsky, (U.S. Colors) Pfc. Renee Guishard, (national VFW Colors -middle) Pfc. Vikki Gabel, (local VFW Colors - right) Pfc. Sarah Carriker, (right saber) Pfc. Rachel Davis. Pictured in back, center is Cpl. Toni Anderson.**

Rokycany.

First, there was a ceremony at the Rokycany demarcation monument, representative of the 1945 agreement between the U.S. and Russians that U.S. Forces would not advance further east than Pilsen.

Second, there was the "Blessing of the Flags" ceremony at Rokycany's Virgin Mary of the Snow Church, a beautiful service in which the cadets' made their debut as they bore the flags

to be blessed.

Third, there was a parade that ended in front of the baroque town hall in the town's center. The cadets led the parade carrying the VFW, American Legion, U.S. and Czech Republic flags.

Local Czech citizens showed their support as they listened to VFW keynote speakers and Jan Baloun, the town's mayor. This was followed by a solemn wreath-laying ceremony in



**VFW member Hal Hedges is a World War II, Korea, and Vietnam veteran.**

front of a mounted plaque honoring WWII U.S. liberators of the 9<sup>th</sup> Infantry Regiment – the large stone plaque is a prized, permanent fixture that adorns the very front of the town hall.

VFW member Hal Hedges – a veteran of WWII, Korea, and Vietnam – has been a regular host of Veteran's Day celebrations at Rokycany since 1991. He and other veterans, traveling from as far as the U.S., still make the trip to pay their respect to U.S. Soldiers and comrades, past and present. Whatever the reason these men and women of the VFW have for coming to Rokycany, they are proven ambassadors of our nation's freedom and selfless support of the oppressed – and for that, the people of Rokycany remain grateful.

## Vilseck mourns loss of model officer

7th Army JMTC news release

"Focused," "concerned," "faithful," and "leader" were just some of the words used to describe 2<sup>nd</sup> Lt. Peter Haskell Burks of the 2<sup>nd</sup> Stryker Cavalry Regiment Nov. 19, as his fellow Soldiers and friends gathered at the Vilseck Chapel to pay their final respects.

Burks was killed by an insurgent's improvised explosive device Nov. 14 in central Baghdad.

According to Capt. Meghan Underwood, 4/2 rear detachment commander, Burks left a successful career in corporate America to become a United States Army officer.



**Burks**

She said Burks was a model officer who always placed the welfare of his Soldiers before his own. Underwood said that with his last breath Burks uttered the words, "Are my men all right?"

The native Texan was born April 10, 1981. He attended Texas A&M University and graduated with a Bachelor's degree in International Relations in 2003. Burke entered Officer Candidate School April 27, 2006, where he graduated top of his class. Upon completion of OCS, Burks was commissioned Oct. 12, 2006, in Field Artillery.

He arrived in Vilseck Aug. 2, and was assigned to Rear Detachment, FIRES Squadron, 2<sup>nd</sup> Stryker Cavalry Regiment. On Nov. 5, 2nd Lt. Burks assumed the duties of fire support officer for Pale horse Troop, 4<sup>th</sup> Squadron, 2SCR.

According to Underwood, before his deployment to Iraq in support of Operation Iraqi Freedom on Sept. 14, Burks said to his father, "Dad, my first priority is to get my men home safe. Then I will get myself home safe."

His awards include the Bronze Star, Purple Heart Medal, Army Achievement Medal, National Defense Service medal, Iraqi Campaign Medal, Global War on Terrorism Service Medal and the Army Service Ribbon.

Burks is survived by his father Alan Burks, mother Jackie Merck, sister Alison, and fiancée Melissa Haddad.

## EEO Counselor Course graduates 14 employees

The U.S. Army Garrison Grafenwoehr Equal Employment Opportunity Office hosted the 36-hour Department of the Army Equal Employment Opportunity Counselor Course Nov. 5-9. USAG Grafenwoehr Deputy Garrison Commander Curtis L. Clark opened the training by emphasizing the importance of attendees' roles as future counselors. Fourteen employees and supervisors were certified as collateral duty EEO counselors. The training was conducted by the USAG Grafenwoehr and Hohenfels EEO staff. Training and certification designates these employees to conduct EEO pre-complaint inquiries that can assist in quickly resolving workplace issues at the lowest level. Additional details and information on any EEO matter can be obtained by calling DSN 475-8360 or DSN 466-4426.



## Tricare revamps dental policy

Continued from Page 1

prevent problems in the long run," she said. "Dental insurance has to be purchased and paid monthly—\$11.05 per month for one family member and \$27.63 for multiple members, per month.

Ingram said active duty service members can purchase dental insurance for their families online by visiting [www.tricare dental program.com](http://www.tricare dental program.com).

They can also visit the site or call 1-888-418-0466 to check the status of their enrollment. (From overseas, call 0-800-225-5288 for an AT&T operator, and give her the 1-888 number to connect you toll free).

Ingram urged family members to be aware of and keep up with the

\$1,200 "Anything beyond that," said Goho, "the family member would be responsible for paying."

The new initiative came about as a result of Army Family Action Plan and quality of life surveys over several years, said Dr. (Col.) Curtis Goho, of the U.S. Army Garrison Grafenwoehr Dental Clinic.

"Basically, this was a matter of local communities in Europe bringing this (need) to the attention of their command. It required a lot of hard work to achieve, but we finally got it," he said.

Goho called the initiative a "significant improvement in access to care," especially at a time when so many Soldiers overseas are deploying

and family member care at on-post dental clinics is severely limited.

Ingram also noted that as of Dec. 3, Tricare dental program enrollees overseas must be command-sponsored to receive Tricare's OCONUS cost-share benefits.

"For instance," explained Ingram, "a filling overseas would be covered at 100 percent, whereas in the U.S. it would only be covered at 80 percent. (This is an overseas coverage benefit), and if the family member is not command-sponsored, they will be subject to State-side cost share."

For more information visit the Web site or call the toll free number for the Tricare Dental program, or e-mail [TDP@europe.tricare.osd.mil](mailto:TDP@europe.tricare.osd.mil).

## Credit Union donates holiday cards

Continued from Page 1

■ Garmisch Community: 10 of the \$50 cards for Thanksgiving and 15 of the \$100 cards for Christmas.

When asked why SCU is donating the cards, Tolle said "we want to offer our thanks and support to communities for what they do every day for their country, their communities, and families. We want to offer as much help as we can on behalf of all of our grateful members."

"It's a unique circumstance that these families are facing financial challenges while already giving so much for their country," said Gordon Simmons, President/CEO of Service Credit Union. "We appreciate their sacrifices and hope these gift cards will make their purchasing for family celebrations a little easier."

"We have been serving the needs of our military members for fifty

years," continues Gordon Simmons, President/CEO. "It's our responsibility to help them when we can and our great pleasure to give these families the ability to provide the holiday dinner and gifts we all hope to have over the holidays."

Service Credit Union is a full service financial institution, offering a wide range of financial products to its members.

With 28 branch locations, a staffed 24/7 contact center, and full internet banking services, Service Credit Union, serves all branches of the U.S. military and Department of Defense employees and their families worldwide.

Service Credit Union has 12 branches in New Hampshire, one in Massachusetts, and 15 branches in Germany.



# The U.S. Army Garrison Grafenwoehr 1st Quarter Honor Roll Students

## Grafenwoehr Elementary

### “A” Honor Roll

Spencer Andrus  
Silvia Daskalakis  
Ryan Martin  
Courtney Beilhart  
Kassandra Glavin  
Adam Myers  
Jonithan Bennett  
Meigan Girard  
Ethan Reibsome

Samantha Bidinger  
Keara Hamer  
Ryan Riegel  
Kenneth Bogawitch  
Conner Kendall  
Robert Root  
Tyler Bowser  
Tyler Keys  
Andrew Toohey  
Ruben Cortes  
Greyson Lerner

### “A–B” Honor Roll

Michael Batson  
Lucas Markos  
Sean Boyle  
Gabriela Martinez  
Liam Brown  
Ariel McIntire  
Sydney Brunson  
Tristan Moore  
Roy Lynn Butler  
Janio Moreno  
Sabian Canez  
Nathan Mosely

Bryce Centamore  
Genesis Muniz  
Joshua Clamage  
Jasmine Murphy  
Nia Cohen  
Amira Murry  
Dontavius Commander  
Zane Najdawi  
Mikayla Davis  
Taylor Nattress  
Jaylen Dawn  
Nathaniel Blake Ortiz  
Chris Deva  
Hana Owens

Sydney Fenn  
Mikhael Ragay  
Cecilia Fodor  
David Ramirez  
Josh Frenette  
Kierra Roby  
Natalia Gomez  
Nate Ross  
Imani Granger  
Desarae Scott  
Edgar Guardarrama III  
Ian Seitz  
Dakotah Hall  
Olivia Sniffin

Jasmin Hazelet  
Walter Speelman VIII  
Morgan Helton  
Jaila Stokes  
Maleik Henry  
Tiana Valencia  
Kayla Holland  
Dejia Walkin  
Austin Holmstrom-Conn  
Shayla Washington  
Nicolas Hubert  
Camielle Williams  
Niev John Ignaco  
Christopher Williams

Sophie Kraemer  
Jaihde Williams  
Bryan Lagow  
Eric Wills  
Michaela Lechwar  
Shavonne Wilson  
John Michael Lopez  
Alexsandra Wise  
Molly Maine  
Sereniti Woodford  
Gerald Managuit  
David Wright

## Vilseck Elementary

### “A” Honor Roll

Alaina Arthurs  
Tracy Barnett  
Riley Campbell  
Maggie Clearwater  
Dominic Davidson  
Elisabeth Davis  
Alexandria Finney  
Jamie Haas  
Tiffany Hendricks  
Uriah Huffman  
John Abel Isenhower  
Benjamin Jones  
Paul Mako  
Brandon Massie  
James Mauney  
Kaitlyn Mendum  
Cierra Miller  
Joshua Neely  
Sarah Read  
Colin Shaw  
Breanne Vogelpohl  
Jacob Warren  
Madeleine Ziegelhofer

Elliott Burbelo  
Nicole Burnsworth-  
Purcell  
Taylor Butcher  
Nathan Corder  
Lilyanne Degollado  
Jeremy Diamond  
Michael Dougherty  
Austin Gamboa  
Rebekah Haas  
Madison Hoecker  
Brent Hoffman  
Kenzyl Jones  
Cheyenne Leuteman  
Gabriel Lewis  
Jasmine McKee  
Madeline Olden  
Orande Roy  
Sierra Siebold  
Komal Singh  
De'Shawn Smith  
Shanea Smith  
Shanice Smith  
Alexandra Soika  
Paola Suarez  
Chaylynn Spencer  
Frank Wood

Chloe Bedford  
Michelle Chelossi  
Brianna Coleman  
Chasity Dahlberg  
Hailey Davis  
Veronica Davis  
Daniel Diamond  
Erykah Ffrench  
Shetara Francis  
Zachary Gilman  
Justin Hamilton  
Milisa Headley  
Rachael Hocker  
Kyle Kramer  
Christopher Lancaster  
Selena Locust  
Micaela Marsh  
Anthony Maynard  
Alisha Mayo  
Ivy Moore  
Michael Moya  
Anastasia Nikolaeva  
Edward Powers  
Skye'Lyn Puckett  
Samantha Purganan  
Wunderly Rote  
Zoe Smedley  
Dinisio Thomas  
Jacob Torrez  
Clarissa Vance  
David Vidovic  
Gabriel Zavala

### Dining at the Ritz

Tracy Barnett  
Georgina Cano  
Maggie Clearwater  
Elisabeth Davis  
Hailey Davis  
Michael Dougherty  
Jamie Haas  
Rachael Hocker  
Brent Hoffman  
Benjamin Jones  
Selena Locust  
Paul Mako  
Brandon Massie  
Joshua Neely  
Anastasia Nikolaeva  
Sarah Read

### Reading/ Language Arts Award

Alaina Arthurs  
Tracy Barnett  
Elisabeth Davis  
Jamie Haas  
Tiffany Hendricks  
Paul Mako  
Jaci Reynolds  
Paola Suarez

### Math Award

Tracy Barnett  
Jamie Haas  
John Abel Isenhower  
Benjamin Jones  
Paul Mako  
Joshua Neely  
Madeline Olden  
Sarah Read

### Science/Health Award

Tracy Barnett  
Jamie Bartow  
Alexandria Finney  
Jamie Haas  
Wunderly Rote  
Sierra Siebold  
Alexandra Soika  
Jacob Warren  
Cheyenne Leuteman

### Social Studies Award

Tracy Barnett  
Maggie Clearwater  
Michael Dougherty  
Jamie Haas  
Rebekah Haas  
Paul Mako

Orande Roy  
De'Shawn Smith

### Citizenship Award

Jason Albert  
Patrick Barnett  
Chloe Bedford  
Sierra Beasley  
Stephanie Borrero  
Elijah Branham  
Maria Briskin  
Elliott Burbelo  
Georgina Cano  
Natalya Cano  
Michelle Chelossi  
Jade Clark  
Brianna Coleman  
Nathaniel Cruz  
Chasity Dahlberg  
Elisabeth Davis  
Dante DeLaRosa  
John Demery  
Daniel Diamond  
Jeremy Diamond  
Michael Dougherty  
Erykah Ffrench  
Austin Gamboa  
Zachary Gilman  
Sonya Glenn  
Milisa Headley  
Rachael Hocker

Brent Hoffman  
Angel Hurtado  
Benjamin Jones  
Kenzyl Jones  
Kyle Kramer  
Cheyenne Leuteman  
Selena Locust  
Diagny Lopez-Santos  
James Mauney  
Jasmine McKee  
Kaitlyn Mendum  
Cierra Miller  
Richard Morigeau  
Michael Moya  
Elijah Porter  
Sarah Read  
Colin Shaw  
Komal Singh  
Shanea Smith  
Shanice Smith  
Stephanie Soto  
Chaylynn Spencer  
Jacob Torrez  
Clarissa Vance  
Frank Wood  
Madeleine Ziegelhofer

Vilseck High School honor roll students will be listed in the Dec. 12 issue.

## Grafenwoehr Middle School

### “A” Honor Roll

Almomory, Nadia H  
Alombro, John M  
Alston, Logan N  
Ashline, Kaitlyn R  
Baker, Bradley P  
Balestrine, Keelena B  
Banister, Vannesa M  
Barry, Caitlin M  
Borrero, David  
Bragdon, Jessica L  
Brunson, Kelsi  
Burbelo, Elsa E  
Burger, Amber  
Burger, Chelsey E  
Callaghan McCann,  
Michaela V  
Castillo, Elizabeth V  
Castro, Georgianna A  
Cavazos, Sarah  
Centamore, Ciara  
Chroman, Connor G  
Clamage, Kayla M  
Clark, Javanna C  
Coleman, Chiara D  
Collins, Hannah L  
Cooper, Jared L  
Cooper, Katharine E  
Cooper, Zachary J  
Corder, Jessica F  
Core, Carlie R  
Criss, Kaylee  
Cudjoe, Candice M  
Davidson, Alisha N

Davis-Spracklin,  
ReAnna L  
Degollado, Bethany J  
Duckels, Victoria D  
Edwards, Quinton C  
Ferguson, Starr  
Florance, Kyle M  
Florendo, Devin M  
Gallardo, Gabriel R  
Garrett, Austin R  
Gonzalez, Astrid C  
Grier, Karen S  
Gripentrog, Chelsea B  
Hall, Jesse  
Hallemeyer, Gillian R  
Hendricks, Taylor R  
Hoffmann, Joshua C  
Hogg, Aaron P  
Holland, Amber S  
Jessop, Stephanie M  
Johnson, Shyah N  
Jones, Samuel O  
Kamara, Abdul L  
Kamara, Salimata H  
Kimble, Ronnisha A  
Kirk, Tyler A  
Kirkham, Spencer J  
Kirkham, Stuart J  
Koroma, Jessica C  
Koslosky, Chris L  
Lagow, Johnathan J  
Lawrence, Nicholas R  
Leming, Christian D  
Lockstedt, Denal S

Luuga, Manusamoa J  
Maitner, Amy C  
Majors, Kyla R  
Manzo, Emily E  
MarcouxBeatty,  
Harrison R  
Markos, Megan N  
Martin, Jacob A  
Mason, Katherine E  
McCrary, Jordan D  
Mills, Gabriella N  
Moore, Aspen T  
Morris, Melissa H  
Naterlin, Michael R  
Neely, Rebecca A  
Nelson, Benjamin A  
Nelson, Michael B  
Neuser, Katharina M  
Newcomer, Taylor D  
Nguyen, William  
O'Neal, Aysha B  
Orange, Bryan K  
Peterson, Kristine V  
Pharris, Jaiden R  
Powers, Stefanie U  
Rabuck, Caitlin R  
Ragay, Michelle C  
Ramirez, Natalia M  
Ramirez, Phillip  
Ramon, Jessica L  
Randle, Meraleigh A  
Riegel, Jacquelyn D  
Rivera, Manuel L  
Roberts, Lisa-Marie N  
Roberts, Shamara J

Robinson, Taylor D  
Rodriguez, Elizabeth M  
Rodriguez, Rosemarie  
Rodriguez, Stephanie  
RodriguezArgueta,  
Marcella K  
Rojas, Angelica  
Romero, Juan A  
Royal, Chasity E  
Russell, Jared P  
Schaffer, Sarah E  
Schmoll, Chrystin L  
Self, Elizabeth L  
Sharon, Aria C  
Singh, Deepika A  
Skiddle, Erica R  
Smith, Nancy V  
Smith, Sharon A  
Spiritty, Belinda G  
Stacey, Nadine H  
Steffe, Haylie C  
Stinchfield, Jane E  
Thompson, Ethan R  
Tilzey, Stephen D  
Touzinsky, Andrew T  
Triplett, LaBrittany M  
VanWinkle, Katlyn C  
Vertz, Kiana S  
Villali, Danielle T  
Villalon, Benjamin D  
Villanueva, Jose A  
Walton, Roman A  
Warren, Angelica M  
Watson, Tyler M  
Watts, Brandi C

Webster, Zarah J  
Whitney, Patrick A  
Whyte, Gavrielle M  
Wigton, Michael J  
Williams, Ashley S  
Wills, Courtney C  
Wilson, Shandra E  
Ybay, Ryu K

### “A–B” Honor Roll

Albright, Sharon N  
Argueta, Lauren K  
Arnold, Janay M  
Barnett, Sakinah T  
Bartow, Nathaniel A  
Black, Abigail  
Blaylock, Joseph C  
Bonter, Nicholas G  
Brown, Shelby J  
Bruce, Christina N  
Bryan, Jeramie J  
Campbell, Carlton A  
Cardona Tejera, Heidi  
Cass, Emilie E  
Castillo, Joshlyn A  
Cormier, Mark A  
Costa, Kennedy L  
Criss, Kaylee B  
Crusing, Timothy S  
Dahlberg, Cheyenne C  
Delapaz, Angela D  
DeWitt, Anthony C  
Dunivan, Andrew J  
Green, Darrius  
Gresham, Robert J

Gutierrez, Alicia L  
Haas, Tabitha M  
Hambrick, Nichole D  
Hargis, Shania N  
Henry, Aaron J  
Hickman, Darius J  
Hildenbrand, Kimberly  
Hoover, Maxwell L  
Howard, Shralondra A  
Imber, Dwayne C  
Ingles, Kevin C  
Jacobsen, Taylor A  
Johnson, Anthony M  
Johnson, Hannah  
Kelly, Alischa H  
Koegel, Fabian P  
Lavallais Hocker,  
Ashley R  
Leason, Brittany-Anne M  
Leming, Thomas F  
Levasseur,  
Christopher R  
Loader, Lauren E  
Lopez Santana,  
Carlos E  
Lopez, Alexandra E  
Luuga, Sarahfina V  
Lyde, Darre'Auna  
Malec, Elizabeth  
Miller, Dakota J  
Moody, Shakeima I  
Moore, Megan N  
Morgan, Tyler B  
Morrison, Jay B  
Muhlenbeck, Paige C

Murry, Jamila J  
Najdawi, Mariah C  
Olson, James E  
Owens, Olivia M  
Pauley, Hope L  
Pinkney, India C  
Pomele, Zaroxolyn-  
Chloe S  
Porter, Kevin A  
Prater, Rebekah K  
Quinones, Miguelangel  
Ramen, Samantha J  
Ramos, Victor J  
Rodriguez, Frances M  
Ruiz, Sheynilmarie  
Russell, Tylor J  
Ryner, Dennis C  
Ryner, Patrick C  
Sanchez, Gail L  
Schmoll, Chrystin  
Siatini, Elizabeth T  
Speelman, Alicia M  
Tanner, Vivian J  
Thornbrugh, Sage M  
Vance, Bianca M  
Velez, Sydney J  
Watson, Taylor B  
White, Katelyn R  
Wilmet, Dale A  
Wilson, Cody R  
Wood, John C  
Wrolson, Ty D  
Zavala, Viviana A  
Ziegelhofer, Jason T  
Zonneveld, Katherine E



# Garmisch helps medevac injured child

## 12-year-old German boy falls from roof, expected to recover

by JOHN REESE  
Bavarian News

A seriously injured German child who fell from the roof of a building was medically evacuated from Garmisch to Murnau the night of Nov. 13 after the helicopter landed on the Abrams Complex.

The 12-year-old boy and other children were sliding off of the roof of a building that was level with the heavy snowfall on one side, but dangerously high on the other, when he slipped and fell from the high side, suffering serious injuries to his head and neck.

Garmisch medical authorities wanted to transport the boy to the Unfallklinik in Murnau, a specialized traumatic injury hospital where patients are brought from all over

Germany.

A rescue helicopter, "Christoph 1," was provided from Munich by ADAC, the Automobile Club of Germany, but first they needed a landing zone.

The former tennis court at the Abrams Complex, a nearby housing area for employees of the Armed Forces Recreation Center and Edelweiss Lodge and Resort, proved to be a suitable "LZ."

Garrison military police and Safety Manager Andreas Tuerk were dispatched to Abrams to speed the local emergency services' access to post.

Tuerk's counterparts in the Freiwillige Feuerwehr (Volunteer Fire Department) Garmisch used their fire truck's floodlights to illuminate the impromptu landing pad.

"Everyone worked together to save

this child," said Tuerk. "We got clearance for the Garmisch emergency personnel to enter Abrams and it went very smoothly. We were happy to assist."

The child is expected to recover, said Tuerk.

"We were there to help," said Capt. VickyLynn Peters, Garmisch provost marshal. "Spc. Jonathan Watson handled all of the actions for gate entry and ensuring the safety of the installation while we had so many emergency personnel and vehicles moving around our area."

The Abrams Complex, located in north-central Garmisch between the Bayernhalle and Alte Kirchen Garmisch, was formerly an Army hospital, and then the AFRC hotel Green Arrow, before assuming its current role as employee housing.



Photo by Thomas Sehr

An injured German boy is loaded aboard Medevac helicopter "Christoph 1" at the Abrams Complex in Garmisch. The child was airlifted to a special trauma hospital in Murnau.

# Turkey trotters brave frozen run for frozen prizes



Braving cold temperatures and an icy course, 16 runners begin the Turkey Trot on Artillery Kaserne, Garmisch.

## Icy temperatures, knee-deep snow did not deter community from 5K relay

Story and photo by JOHN REESE  
Bavarian News

An icy track and temperatures hovering just above freezing did not deter 16 hale and hearty athletes Nov. 17 from running the MWR Turkey Trot 5K and Drumstick Relay here.

Twelve participants ran the entire five kilometers, and four ran half the distance in a relay using a smoked turkey drumstick instead of a baton.

"Don't eat that cookie—we've got Bavarian power bars," quipped Lory Benson, warning a runner about to snack before the race. Benson, a Mueller Fitness Center training specialist and organizer/emcee for the event, pointed at the relay drumsticks. "We warmed 'em up."

Dave "Hockey Dave" McKendree took top honors in the men's category and a frozen turkey for finishing the slippery course first with a time of 20:45.

"I'm donating my prize to the chapel on Sheridan Kaserne," said McKendree before leaving the run to play hockey elsewhere.

Kamila Brabcova won a turkey for finishing first in the women's category with a time of 26:15.

Eight additional turkeys were raffled off, giving the few and happy band of runners an excellent opportunity to take home Thanksgiving dinner.

Blue skies and sunshine brightened the track and helped illuminate patches of ice, particularly on the hardtop section through the Breitenau Housing Area.

The course, routed and manicured by MWR recreation assistant Ewa Denikiewicz, was carved through the knee-deep snow and was as frozen as the prizes. Military Police and MWR and Safety personnel were staged along the way to direct the run and assist if anyone slipped on the ice. While everyone experienced slippage, none of the athletes were injured.

The logo for this year's t-shirt was designed by Khalil Simon, a seventh grade student from the Garmisch American School who won a competition for the best design. He was presented with a shirt and other MWR goodies.

# Around Garmisch



Maj. Karl R. Richards (right) and Cpl. Sheila Williams (left) prepare to treat Spc. Elbert Shiver, the last patient at the Garmisch Dental Clinic on Artillery Kaserne.

Originally a horse stable, the clinic opened its doors Feb. 22, 1999, and was a state-of-the-art facility. The clinic was closing its doors permanently Nov. 16 when Shiver, an MP, required emergency care. Fortunately the doc was still in and Shiver received the necessary dental work.

*Photos by John Reese*



"Somebody's got to do it!" said volunteer Nam Irish as she carves a turkey, one of several served up by the Garmisch Community Chapel to community members. Irish and fellow volunteers laid out a traditional Thanksgiving spread Nov. 21 for about 60 folks longing for a taste of home.



Carl "CJ" Winowiecki III attacks his corn on the cob at the Garmisch Community Chapel's Thanksgiving luncheon Nov. 21.



# Spotlight: Military Personnel Div. salutes its human resources assistant

*Special to the Bavarian News*

As a human resources assistant, Astrid DeLeon performs a variety of administrative tasks, but her main focus is preparing, maintaining, and controlling the suspense of actions for all military personnel in the Hohenfels garrison.

DeLeon serves customers daily with utmost professionalism, enthusiasm and with great consideration for their concerns.

Born and raised in Berlin, Germany, DeLeon has two sons—Steven and Temo—and a daughter Naomi. She said she is very proud of her seven grandchildren who keep her busy much of the time.

DeLeon has been living in the small town of Vilseck for the past eleven years. She enjoys the outdoors,

traveling, painting, and visiting flea markets.

“I have been associated with the military for more than 20 years as a spouse and employee,” said DeLeon. “This association has made me aware that at times the military way of handling administrative actions can be confusing, and I attempt to make procedures understandable for our customers.”

DeLeon said she also likes to keep her customers informed on the status and progress of their actions.

“This is one of many ways I try to show how important Soldiers and family members are to us,” she said. “Seeing our patrons leave this office with a sense of satisfaction after being taken care of is very rewarding to me. After all, that is what I am here for: to serve the best.”



**Astrid DeLeon, a military spouse and human resources assistant, is featured in this issue's Spotlight. DeLeon has lived in Vilseck for 11 years and enjoys traveling, painting, and visiting flea markets.**

*Photo by Garry Barrows*

## Adoption Support Group helping community families

**Story and photo by GARRY BARROWS**  
*Bavarian News*

The newly formed Hohenfels Adoption Support Group held its second meeting Nov. 18 in the Hohenfels Army Community Service conference room, Bldg. 10.

The group, founded by Rebecca Barta, meets one Sunday a month to provide information and assistance to people in Hohenfels who would like to find out more about the adoption process.

Barta, along with husband, Jeffrey, a captain and an eight-year Army veteran, seem to have a passion for helping others who may be considering adoption. She spent hundreds of hours researching nearly every aspect of the procedure and found there is a wealth of information available.

“The hardest part is the gathering of information—where to go to get the information and then making sure it is good reliable information,” Barta said.

### Firsthand Experience

The guest speaker at the meeting was Gerald A. Bowman, a licensed clinical social worker, who lives in Munich and specializes in working with those interested in adoption.

Several of his preliminary remarks dealt with domestic and international adoption as well as the legitimacy of some adoption agencies.

“There are red flags that should be raised if the agency is not clear who's there, no list of staff, no guidelines,” Bowman said. “Or there are lapses in communication with an agency being erratic in responding to e-mails (in a timely manner), or when addressing its fee structure. It should be clear, no hidden fees. Anything else is a problem. Remember, there is money involved. Be sure you want to work with these people.”

Barta's own experience was a long one in preparation, but very fast in completion.

“It really was a whirlwind process,

amazing after all the time we spent in preparation and study,” he explained. “We started the adoption process because a former student of mine was up for adoption. By the time we were able to get our home study completed, she was no longer available, but we decided to continue trying to adopt from foster care.”

### International Adoption

“A few months later, we were matched with a sibling group of three but ultimately had to turn them down due to the severity of their behavior issues, and the danger they would pose to our 3-year old. Disheartened, we decided to try international adoption,” Barta continued.

“We chose an agency, moved to Hohenfels, and started gathering documents. One week after moving to Hohenfels our social worker called to ask us to consider an infant,” he said. “An acquaintance—a social worker—was helping a family who wanted to give up a baby for adoption. The baby was due in three weeks so they needed a family who was home study ready and was open to adopting an African-American baby.”

“He called us, even though we had previously only looked at children over age 5. We talked and decided to meet the family,” said Barta. “Five days after the initial phone call we met with the birth family, and four days later the birth mom went into labor! From our initial start into the adoption process until Devlin was placed with us was over two years. She is now 3 months old.”

Much of the information on the adoption process was initially found on the Internet, and then Barta contacted numerous organizations and agencies to get down to reality.

### First Things First

“The best thing you can do is take your time and do your research about your home study provider and what agency you want to work with,” Barta noted.

“One of the first things you want to do is choose a home study provider



**Gerald A. Bowman, a licensed clinical social worker, addresses the Hohenfels Adoption Support Group during a Nov. 18 meeting.**

you are comfortable with,” Bowman said.

He noted that during what can be a lengthy process, clients will have questions and issues before, during, and after bringing the child home that will need answers. The home study provider should also be affiliated with a reputable licensed agency.

“The home study is very personal and you should be ready for that,” Bowman said. “It's intrusive and it needs to be.”

### Paper Trails

Bowman, who has completed home studies aiding in the adoption of more than 250 children, admits that the amount and depth of required documentation is extensive, but if adoption is your goal, the examination is essential.

Necessary documentation includes copies of your passports, birth certificates, marriage certificates, employment verification and history, proof of health insurance, a statement of good health, bank and financial statements to demonstrate fiscal ability (including three years of tax statements), police background checks, spouse/child abuse and sex

offender background checks, references, a personal home visit, and inspection as part of the home study, an in-depth analysis of one's personal childrearing philosophies and more.

A completed home study will answer the following questions:

■ Who are the people who wish to adopt?

■ Why do these people want to adopt?

■ How have these people prepared for adoption?

■ Are these people physically, emotionally and financially able to meet the needs of an adopted child?

The Hohenfels Adoption Support Group is a place to start if adoption is your goal. They can answer questions and provide an understanding of the adoption process.

### The Costs

“Be clear there are expenses involved, but there are lots of variations,” Bowman said, noting the many groups, organizations, and states that offer financial assistance in some adoption cases, including those involving special needs children. “States will facilitate adoptions since they don't want children in foster care

(if avoidable).”

There is an adoption tax credit as well as a military adoption reimbursement to help families alleviate some of the financial burden.

Barta plans to continue the support group.

### Helping Others

“The goal is to have families in all phases of the adoption process,” Barta said. “Gathering information, in the middle of an adoption, and completing the adoption. People want to help others through the process and share their stories, trials, and tribulations.”

Nearly all of the attendees stayed after the meeting to talk with Barta and Bowman asking many questions about their personal interest and potential qualifications. One young woman seemed excited about the idea.

“We have so much to give,” she said.

For more information, e-mail [rebeccambarta@aol.com](mailto:rebeccambarta@aol.com). The next adoption seminar presented by the Hohenfels Adoption Support Group is scheduled Dec. 16 at 2p.m. at ACS, Bldg. 10. Call DSN 466-4860 to reserve a place.

## Stay clued in with what's going on throughout your garrison

**Story and photo by GERRY RAGLE**  
*USAG Hohenfels HRD Director*

### Combined Federal Campaign

With only two days left to accept donations for the Combined Federal Campaign-Overseas, U.S. Army Garrison Hohenfels has almost reached the goal set by Garrison Commander Lt. Col. Gary Bloomberg.

The final day to give is Friday, and with your continued help during this final push, I am positive that we can achieve our goal.

As a United States service member or Department of Defense civilian serving far from home you can help create a better world by contributing to one or more of the many worthy

organizations supported by the CFC-O.

Whether protecting the environment, honoring military veterans, advancing medical research, aiding refugees or providing job training to the homeless, the CFC-O has something for everyone.

Additionally, overseas contributors have the unique opportunity to give to their local family support and youth programs by simply writing a contribution amount beside the FSYP designation on the pledge card.

### Thank you

The Human Resources Directorate would like to thank all of those patrons who have contributed and encourage those who have yet to turn in their pledge card to do so.

Please support and continue to encourage your Soldiers and civilians to participate.

For more information, contact Cathryn Young at DSN 466-4397, Bldg. 10, Room 103, or [cathryn.young@eur.army.mil](mailto:cathryn.young@eur.army.mil).

### Warrior Transition Unit

Warrior Transition Units provide leadership and support to Wounded Warriors assigned to WTUs.

The triad of support is comprised of a squad leader, nurse case manager, and primary care manager to look after the welfare and medical needs of Warriors in transition.

The WTU leadership team is dedicated to ensuring the Wounded Warrior continues to receive outstanding medical treatment and

administrative support as they prepare for their return to duty or transition to civilian life.

The mission of Warriors assigned to WTU Hohenfels is to heal and complete the medical evaluation board process.

The Hohenfels WTU office is located in Bldg. 51 (Health Clinic), Room 120.

For more information contact Sgt. 1st Class Troy Thorne at DSN 466-4534/4565 or 0162-274-1148.

More information about the WTU Hohenfels can be found at <https://www.us.army.mil/suite/page/460329> or at the ERM Web site for sample forms and additional information on how to assign Soldiers to a WTU at [www.healthcare.hq.usareur.army.mil/](http://www.healthcare.hq.usareur.army.mil/).



# Garrison youth gather for chess tourney

*CYS programs allowing children from regional garrisons to mingle*

Story and photo by  
**MAJOR ROBINSON**  
USAG Hohenfels CYS

Just call them kings!  
Teens from several garrisons met at U.S. Army Garrison Bamberg Youth Services for a day of good-natured competition and fun, striving for position as the proverbial “kings of the hill.”

Teens from the U.S. Army Garrison Hohenfels Teen Center took top honors in both categories during the chess tournament.

Winners of the tournament were Onyeuwa Fry, (first place, high school), Gary Robertson (second place, high school), Joseph Estrada (first place, middle school), and Lathe Brown (second place, middle school).

The chess clubs and tournaments attract teens at all levels, from beginner to strong intermediate players, and from the middle school

as well as high school.

Players in the tournament packed a lot into their day, some having already played in other sports competitions that morning.

They also took time to relax and enjoy the teen center’s snacks and other recreation when not commanding their chessboard forces to victory.

The event was a continued effort by garrison CYS’s to allow children from around the region to get together and enjoy competition.

These events mingle teens from USAG Bamberg, USAG Ansbach, and USAG Hohenfels, with participation anticipated from additional garrisons.

Adult volunteers can contact their teen center to serve alongside staff as coaches and trainers.

For more information, call Hohenfels Teen Services at DSN 466-4492.



Chess tournament play is underway as Bamberg staff member William Smith, CYPA, looks on. Players from left are Miquira Cornelius-Lawrence, Joseph Estrada, Lathe Brown, Gary Robertson, and Sean Cuevas.

## Hohenfels offering one-stop ‘Welcome’ at Bldg. 10

Story and photo by  
**GARRY BARROWS**  
Bavarian News

Travel-weary newcomers to U.S. Army Garrison Hohenfels will be met by knowledgeable personnel who will direct them to lodging and get them on a smooth start in their new assignment.

The cornerstone of the garrison’s efforts begins in the newly renovated Bldg. 10 with the relocation of some services in the facility.

Much of the new construction has been designed for the relocation of a number of Soldier and family service programs.

Army Community Service, SATO Travel Services, Child Liaison Education and Outreach Services, Family Child Care, and the Yellow Ribbon Room are now in Bldg. 10 along with a large group of existing services all under one roof.

“You might say Bldg. 10 is the face of Hohenfels,” said Gerry Ragle, the human resources director.

With the addition of a second, often late-arriving, Hohenfels sponsorship bus, the building is the first place new arrivals see, he said.

The Army has mandated that Soldiers and family members will arrive at their home station the same day they arrive in Europe. To make that happen, the central processing facility insures that every S-bus, regardless of when it arrives, is met by staff members to welcome the newcomers to the community.

Practically speaking, a one-stop ‘shopping’ welcome center is shaping up with dozens of people ready to make the transition to and living in Hohenfels easier and more fulfilling than ever before.

Newcomers entering Bldg. 10 will find a large, comfortable lobby and a coffee shop—Brew in the Box, which is open to all community members.

“We’re excited to be into a larger location so near to the in-processing point, allowing us immediate access to Soldiers and families to provide services, assess needs, and introduce all of our programs,” said Trevor Jackman, ACS division chief.

With the recently announced Army Family Assistance budget request increase—from \$100 million to \$1.4 billion—the closer proximity and easy access to Bldg. 10 for Soldiers, family members, and civilians to ACS and other service provider programs should improve usage.

“What we offer is ‘if you have a family related issue’, we help you solve it,” said Brandi Stauber, ACS Family Advocacy Program manager. “Our goal is to decrease family stress by connecting families with the resources they need.”

One longtime Bldg. 10 service provider is U. S. Forces Customs Europe, better known as



Michelle Martinez is one of the many service provider employees at Hohenfels’ newly renovated Bldg. 10 “Welcome Center.”

the customs office. Chief Customs Supervisor Robert Torkildson sees the purpose of his office as one of customer service.

“We help people understand. Keep them informed,” Torkildson said.

He said that often people can be defensive when dealing with his office mostly because they are not properly informed about the technical nature of the various rules that govern U.S. forces living in Germany that are spelled out in the Status of Forces Agreement.

“It’s all about taxes and money,” Torkildson said.

The \$2,500 financial limit on a Value Added Tax form is a good example, he said. If the customer has a need over that amount, it is not possible to use two forms to cover it. Yet there are VAT solutions for higher amounts. Torkildson recommends stopping by his office and beginning with the facts. It could save time and money.

On the subject of saving money, the ACS Financial Readiness Program provides advice, programs, seminars and workshops on every aspect of your financial life.

“Money is the number one reason married couples argue. It’s our job to make sure everyone on the Hohenfels post realizes there are confidential resources to help them past almost any issue successfully,” said Amy Bernath, Financial Readiness Program manager. “So whether it’s about savings, credit problems, budgets, retirement or anything else financial, ACS offers workshops or private consultations that will provide options that maybe you’ve never realized were there.”

One of the first issues anyone newly arrived has is the need to move around. Enter the Transportation Office which can and will handle basically any issue dealing with the buying, selling and registration of an automobile smoothly and quickly.

Eight-year Transportation Office veteran Claudia Brown said that her job can be exhausting due to the occasional irate customer and the mountains of paperwork.

“Maybe once a week I want to quit, but really I like my job,” Brown said noting the long time ‘free screwdriver rental’ to replace license plates is always well received. All questions about owning automobiles at Hohenfels are welcome.

If you didn’t bring your car with you, you will want to purchase one and that takes money. The most efficient method to get money is to earn it. That means finding a job. And the best way to learn about employment options and opportunities in Hohenfels is through the Employment Readiness Program at ACS.

Workshops such as Federal Resume Preparation, Employment 101 and Interviewing Tips are a sampling of what is available. Personal consultations are another method of becoming familiar with the employment scene on post.

Child and Youth Services Liaison, Education and Outreach Services, or CLEOS, is another new arrival settling in to their renovated offices.

“This is a much better location to serve customers,” said Shawna Baudoux, CLEOS administrative clerk. She said their new offices should offer an immediate opportunity for new families to find out about the extensive services available.

CLEOS administers many family friendly programs including a variety of child care options such as hourly, half day and full day care as well as before and after school supervision through the Child Development Center and School Age Services. Youth sports, summer activities, homework assistance, and music lessons are among many other programs CLEOS has available for Hohenfels families.

The New Parent Support Program at ACS provides help for couples expecting a child or with young children. The primary vehicle is individual home visits from program coordinator Laura Knarr, a registered nurse.

“We have found parents enjoy the convenience of a personalized program being offered in the comfort of their own home,” said

Knarr who has nine years of nursing experience. “Once the expectant couple or new parents realize they can get good advice in a really comfortable environment, it works.”

Romana Widl, the branch manager for SATO Travel, is happy about the layout of their new office. The professional configuration provides a waiting area just outside the main office that allows for private or sensitive travel plans to be reviewed in a more controlled environment.

“Customer service is number one with us,” Widl said. “We as a staff are always eager to search for the cheapest available fare or offer for any kind of travel option.”

Hallo Hohenfels is the five-day newcomers’ orientation presented 11 months of the year by the Relocation Readiness Program at ACS in the conference room in Bldg. 10.

“This is a fun program for anyone who wants a comprehensive course on Hohenfels in one smooth dose,” said program manager Precilla Tolbert. Included are a personal welcome by the garrison commander or command sergeant major; two sessions of “Survival German,” several shopping trips to a mall in Regensburg and a home furnishing store in Parsberg, and a lunch at a local Gasthaus, among many other interesting features.

The Transportation Office is really the poster child of coming to and leaving Hohenfels. They are in charge of moving essential material possessions; irreplaceable items that make your family unique—your home furnishings.

Gaby Kotzbauer, transportation assistant, said shipments to Hohenfels are arranged by a company in the States while PCS moves are coordinated by the booking office in Grafenwoehr. “That’s why we’re here,” she said.

“We’re a processing office for the move. A point of contact for the customer,” said Hans Lautenschlager, transportation supervisor.

“It is good when the customer provides us an accurate phone number,” Kotzbauer said allowing the office to contact families the moment they have news about their shipment.

The 106<sup>th</sup> Financial Management Company has a simple way of looking at their job.

“If it’s finance related, it’s done in this room,” said Gerhard Scharf, bringing into focus some of the office responsibilities in handling all financial aspects of in- and out-processing, PCS settlements, debt management, retirements, bonus payments, and separation issues related to military personnel.

The Military Personnel Division has many day-to-day responsibilities necessary for most people in Hohenfels to be able to perform their jobs including the processing of identification cards, computer access cards, passports, Defense Enrollment Eligibility Reporting System enrollments, voting assistance, casualty assistance, military awards, civilian recognition, the processing of approved personnel actions, and command sponsorship coordination.

Human Resources Technician Mattie Falealii, who has much of the responsibility of maintaining the enlisted record brief and the officers record brief said she is proud that the MPD has a mission that she defines as “service members can depend on us. With all they have to do, they simply shouldn’t have to worry about us doing the proper thing.”

“Our goal is to decrease family stress by connecting families with the resources they need.”

Brandi Stauber  
Family Advocacy Program



# What’s Happening

## Grafenwoehr/Vilseck Briefs

### Annual meter readings

During the period beginning of November 2007 until end of January 2008 the electricity supplier EnBW (Energie Baden Wuerttemberg) will do the annual meter readings in the Grafenwoehr and Vilseck GHRP and Leased Housing areas.

The personnel will have identification cards, which will show that they are from the electricity supplier EnBW. Please provide them access to your electricity meter.

For information contact Barbara Boesl at DSN 476-2207.

### Red Cross gift wrapping

The Red Cross will offer gift wrapping at the Grafenwoehr PX through Dec. 24 during PX duty hours. Donations requested for gift wrapping services.

### Health, safety classes

- CPR- Saturday, 9 a.m.- 5 p.m.
  - First Aid- Dec. 8, 8 a.m.- 1 p.m.
- Class fees must be paid in advance by calling the Vilseck ARC at DSN 476-1760, or CIV 09662-83-1760.

### Graf clinic announces holiday hours

The holiday hours for the Grafenwoehr Health Clinic are as follows:

- Dec. 24-25: closed
- Dec. 26: 7 a.m.-5 p.m.
- Dec. 27: 1-5 p.m.
- Dec. 28: 7 a.m.-3 p.m.
- Dec. 29-Jan. 1: closed
- Jan. 2: 7 a.m.-6 p.m.
- Jan. 3: 1-6 p.m.
- Jan. 4: 7 a.m.-3 p.m.
- Jan. 5: 9 a.m.-noon

### Garrison school update

Information is available at each school Web site:

- <http://www.graf-es.eu.dodea.edu/>
- <http://www.vils-es.eu.dodea.edu/>
- <http://www.graf-ms.eu.dodea.edu/>
- <http://www.vils-hs.eu.dodea.edu/>

**School contact information:**  
GES: DSN 475-7133  
VES: DSN 476-2812  
GMS: DSN 475-9500  
VHS: DSN 476-2554  
Transportation: DSN 475-8954  
**Dates**

- Tomorrow: VES General Meeting; Family Fun Night
  - Friday: Popcorn Friday at VES.
- Students may order one bag for 25 cents Nov. 29.

■ Through Jan. 18: Orders are being taken for the full-colored Vilseck Elementary School Yearbook. The annual costs \$20, payable by cash or a money order made out to VHS SAF. Purchase envelopes are available at VES. Contact Mrs. Northam at DSN 476-2812 for more details.

■ Odyssey of the Mind Coaches for VES: Coaches are needed to guide and encourage teams of students to creatively solve a problem that will be presented at the OM Competition in Bad Kissingen. VES is trying to get at least five teams established. Volunteer coaches will receive training. POC: Victoria Hennion at DSN 476-2812 or CIV 09662-83-2812.

### CYS news

For more info on the programs listed below, contact Central Registration at Vilseck DSN 476-2760, CIV 09662-83-2760 or Grafenwoehr DSN 475-6656, CIV 09641-83-6656 or e-mail [cysinfo@eur.army.mil](mailto:cysinfo@eur.army.mil).

■ CYS will open the CDCs and SASs on Friday nights until 9 p.m. and alternate opening two Saturdays a month between the Vilseck and Graf communities. The Teen Centers will also staff “Open Gym” on Saturday afternoons in both communities.

### Announcing Pollution Prevention Art Contest

Are you interested in art? Do you want to help improve the quality of life in our community? Then participate in the Pollution Prevention Art Contest. Students grades 9 through 12 may enter this first contest organized by the Environmental Division in cooperation with the Vilseck High School. We are looking for contributions to address the theme “P2 improves life at the USAG Grafenwoehr.” Included or accompanying should be a P2 logo that can be used

for flyers and letterheads. Young artists may turn in their work to the Environmental Offices in Vilseck or Grafenwoehr until Friday. Winners will be announced during the award ceremony Dec. 12.

For further information contact Barb van der Smissen, Pollution Prevention Manager, DPW, EMO at [barb.vandersmissen@eur.army.mil](mailto:barb.vandersmissen@eur.army.mil), DSN 475-6859, or CIV 09641-83-6859.

### Lost your bike? Look here!

The Vilseck City Hall and Vilseck MP Station have an abundance of unclaimed found property that is believed to belong to American personnel.

The found property consists of bicycles, wallets, and clothing. The point of contact at the Rathaus is Ms. Felkl’s office which is located at #13 Marktplatz, 92249 Vilseck, her phone number is CIV 09662-9927.

The point of contact at the Vilseck MP Station is Staff Sgt. Buchanan, DSN 476-2903.

Remember, if you don’t secure your personnel property, someone else will.

### AAFES sets holiday hours

PX and Mall Holiday Hours now in effect: Monday-Thursday: 10 a.m.-8 p.m., Friday-Saturday: 10 a.m.- 9 p.m., Sunday: 11 a.m.-7 p.m.

Food Court Holiday Hours now in effect: Monday-Thursday: 10:30 a.m.-8 p.m., Friday-Saturday: 10:30-8 p.m. (Charley’s, Subway & Baskin Robbins), 10:30 a.m.-9 p.m. (Popeye’s and Taco Bell), Sunday: 11 a.m.-7 p.m.

Mainstreet X-presso! Holiday Hours now in effect: Monday-Friday: 7:30 a.m.-8 p.m., Saturday: 8 a.m.-8 p.m., Sunday: 10 a.m.-7 p.m.

All facilities will close at 4 p.m. on Dec. 24.

### Participate in 2007-CFC

As a United States Service Member or a Department of Defense civilian serving far from home, you can help create a better world by contributing to the many worthy organizations supported by the CFC-O.

Take the opportunity to help make the world a better place, by contacting your unit S1 or Christine Nunez DSN 475-8432 or stop by Bldg. 244 Room 239 by Friday.

### CMR hours extended

During the holiday season through Dec. 29, there will be extended operation hours at the Grafenwoehr and Vilseck Community Mail Room:  
Monday - Friday: 9 a.m. - 6 p.m.  
Saturday: 9 a.m. - 2 p.m.  
Closed: 25 Dec (Christmas)

### X-PATS play The Zone

Come check out the latest music sensation, The X-Pats, performing classic and contemporary rock, plus a few original songs, at 9 p.m. Saturday. The band is comprised of U.S. Soldiers and civilians.

### JMTC holiday ball set Dec. 14

**What:** The 2007 7th U.S. Army JMTC Holiday Ball  
Buffet dinner, music, dancing and more!

**Where:** Max Reger Halle  
Dr.-Pfleger-Str. 17  
Weiden (Oberpfalz)

**When:** Dec. 14 - Doors open at 5:30 p.m.

**Who:** All DoD military, civilians, family members and local national employees within the Graf, Vilseck, Hohenfels and Garmisch communities are invited.  
**Tickets** cost 28 Euro per person.

**POC** for ticket info: JMTC Protocol Office, DSN 475-6221/7145.

**Childcare:** CYS childcare is available, contact CDC for details, DSN 476-3566.

**Hotel:** 25 rooms have been blocked for the night of the 14th at the Admira Hotel. The cost is 72 Euros per double room and includes breakfast. All rooms are non-smoking and include: TV, telephone, minibar.

Anyone interested in lodging may contact Ms. Wilson, JMTC Protocol, DSN 475-8568. Rooms will be held on a first come first served basis.

## Garmisch Briefs

### See Mozart’s ‘Magic Flute’

On Dec. 6, join the bus leaving from the PBCC at 4:30 p.m. to go to Munich to see Mozart’s “Magic Flute.” The bus will return at 11:30 p.m. This program costs \$9 plus opera tickets, which range from 11-43 euro.

### Take in Venice, Verona

Take the regular weekend tour of Venice and Verona, Italy Friday to Sunday. The tour leaves from the PBCC at 4:30 p.m. Friday and returns at 10 p.m. Sunday.

This trip is \$250, including transportation and two overnights in a hotel. Bring extra euro for meals, museum entrance, souvenirs, and city transport.

## Hohenfels Briefs

### Brighten a wounded Soldier’s holiday

Remember our wounded warriors during the holiday season. Take time this holiday season to remember our wounded warriors at Walter Reed Army Medical Center.

When you are making out your holiday card list this year, include the following:  
A Recovering American Soldier  
c/o Walter Reed Army Medical Center  
6900 Georgia Avenue, NW  
Washington, D.C. 20307

### Come support youth performers this holiday

Dec. 9 at 11 a.m. - HES Choir is singing at the Schmidmuhlen Christmas Market

Dec. 10 at 4 p.m. we will sing at the Hohenfels Annual Tree Lighting Ceremony

Dec 12 at 1:30 p.m. - The HES Annual Holiday Program, featuring HES CHOIR and K -2nd Grade students - Our musical this year is “THE INCREDIBLE REINDEER!”

Santa is in trouble again as the fog settles in on Christmas Eve. The usual solution is not going to help this time, because a certain red-nosed reindeer has a cold! And that’s not the only problem....there’s an asteroid headed right for the North Pole! Come and find out how the “Incredible Reindeer” save the day!

Dec. 16 at 3 p.m. - HES Choir is singing at the Velburg Christmas Market

### Get fit with belly dancing

Are you looking for a creative and

exciting way to get fit?

Why not join instructor Tassia Araujo Roper in four free classes of belly dancing on Wednesdays, today through Dec. 5, at the Post Gym aerobics room from 6:15-7:15 p.m.

You will learn basic belly dancing movements and a beginner routine. Wear nonrestrictive clothing and bring ballet type slippers or plan to be barefoot.

For more information, contact Tassia at CIV 0151-10428076 or by e-mail at [rubby3002@yahoo.com](mailto:rubby3002@yahoo.com).

### Register for winter YS

This fall and winter, Youth Sports is offering Start Smart Basketball, for ages 3-5 year old. Enrollment dates for this sport are through Friday. The season will begin Jan. 14.

In addition, we are offering bowling for the ages 8-15. For this individual sport, the enrollment period is through Friday. The season will begin Jan. 7.

The cost for the Start Smart program is \$45 and for bowling the cost is \$35. Enrollments are done at CLEOS, and a sports physical needs to be on file. For more information on either of these programs contact Youth Sports at DSN 466-2558 or CIV 09472-83-2558.

Volunteer Coaches are always needed.

For more information and to receive your volunteer package, contact Carmela Feltz at DSN 466-2558 or CIV 09472-83-2558.

### School winter break policy

Message for all Hohenfels Middle High School parents winter break policy: Parents must notify the administration, in

writing, an acceptable explanation or the need for an extended holiday period by a family, the student may be excused from school beginning Dec. 17 (five school days prior to the Dec. 22 start date for the winter break).

Parents must notify the administration, in writing, of this necessary alteration of the winter break schedule by Saturday.

This will allow the administration to coordinate coursework with teachers for the days the student will be excused from school. All assigned coursework must be completed by Jan. 7.

This process allows us to provide a recess period that is most advantageous to the greatest number of families during the holiday leave period.

### Tree decorating slated

Library Holiday Tree Decorating Party Dec. 6 from 11 a.m.- 4 p.m. at the Hohenfels Library. Fun crafts for children ages 3 and up.

### APO, CMR extends operating hours for holiday

The Community Mailroom will be open on Saturdays for the holiday season through Dec. 22. The window hours will be 9 a.m. to 1 p.m.

The CMR will be open on Christmas Eve from 10 a.m. – 2 p.m.

For more information, contact Carol James at DSN 466-2796/4398.

The APO holiday hours are Monday through Friday 9 a.m. to 4 p.m. and it is closed on Saturdays and Sundays.

For more information, contact Walter Knight at DSN 466-2887.



**GRAFENWOEHR/VILSECK CHAPEL HOLIDAY SCHEDULE**

|                                |  |
|--------------------------------|--|
| 9 Dec, 0900                    | Vilseck Children's Christmas Play during General Protestant Worship            |
| 16 Dec, 1700                   | Grafenwoehr General Protestant Chapel Children's Christmas Program             |
| 24 Dec, 1730                   | Vilseck Episcopal/Lutheran Christmas Eve Candlelight Lessons and Carol Service |
| 24 Dec, 1800                   | Grafenwoehr Chapel Protestant Christmas Eve Service                            |
| 24 Dec, 1900                   | Vilseck Chapel Protestant Christmas Eve Worship Service                        |
| 24 Dec, 2000                   | Grafenwoehr Roman Catholic Christmas Eve Mass                                  |
| 25 Dec, 1030                   | Vilseck Roman Catholic Christmas Day Mass                                      |
| Christmas Carols begin at 1000 |  |

For more information please call 475-1370 for Grafenwoehr and 476-1570 for Vilseck.



Hosted by the Vilseck and Grafenwoehr Community and Spouses' Clubs

# Crown Jewel Bazaar

November 30 - December 2, 2007



**Bazaar Location:**  
Vilseck, Memorial Fitness Center and 2nd Squadron Motorpool, Bldg. 660

**Ribbon Cutting:**  
Friday, Nov 30, 11 a.m.

**Opening Hours:**  
Friday, Nov 30, 11 a.m. to 7 p.m.  
Saturday, Dec 1, 10 a.m. to 7 p.m.  
Sunday, Dec 2, 11 a.m. to 5 p.m.

**Featuring Over 80 of Europe's Finest Vendors!**  
English Fine China, Rugs, Wines and Cheeses, Antique and Custom-made Furniture, Bavarian Clothing, Italian Porcelain, Polish Pottery, Tapestries and Much More!

**Be Treated Like Royalty and Save a Fortune!**  
Bazaar is open to all military ID card holders. Visa, Mastercard, cash and checks accepted. Sorry, no travelers.



USAG Grafenwoehr MWR Marketing



**HOHENFELS CHAPEL HOLIDAY SCHEDULE**

|              |   |
|--------------|---|
| 2 Dec, 1600  | Decorate Chapels for Christmas  |
| 3-25 Dec     | Christmas Holiday Sharing Program   |
| 3-25 Dec     | MCCW Angel Tree Program   |
| 8 Dec, 1200  | Holy Day of Obligation Mass, Main Post Chapel   |
| 16 Dec, 1800 | Combined Christmas Program, Nainhof Chapel, POC is CH Mike Wood, DSN 466-3330                         |
| 24 Dec, 1700 | Christmas Family Vigil Mass, Main Post Chapel, POC is CH Wik, DSN 466-1570                            |
| 24 Dec, 1900 | Combined Protestant Candlelight Service, Nainhof Chapel, POC is CH Mike Wood, DSN 466-3330            |
| 25 Dec, 1100 | Christmas Day Catholic Mass, Main Post Chapel, POC is CH Wik, DSN 466-1570                            |
| 27-28 Dec    | Club Beyond, High School Ski Trip to Garmisch   |
| 31 Dec, 1700 | New Year's Day Vigil Mass Feast of Mary, Mother of God, Main Post Chapel, POC is CH Wik, DSN 466-1570 |
| 31 Dec, 2200 | All Nations Watch Night Service, Hilltop Chapel Center, POC is Bishop Mitchell                        |

For more information please call 466-1570





# What’s Happening

## Ansbach Briefs

### Deployed spouses retreat set in Garmisch Dec. 13-15

The USAG Ansbach Family Life Center hosts a deployed spouses retreat at Edelweiss Lodge and Resort in Garmisch Friday to Sunday, and an additional one Dec. 13-15.

The family life center regularly hosts all-inclusive retreats for families, couples and single Soldiers.

For more on the programs offered at the family life center, call DSN 467-2785 or CIV 09802-83-2785.

### Supply center closes

USAG Ansbach’s Self-Service Supply Center is closed permanently.

Alternative methods for purchasing supplies normally stocked at the SSSC include: direct orders from the Government Services Administration, with an expected turn-around time of four-six weeks; using the SSSC in Kaiserslautern, with an expected turnaround time of one-two weeks; and buying from local vendors which is probably the most expensive option.

To contact the Kaiserslautern SSSC, call DSN 483-8831.

### Preschool drama time scheduled every Thursday

The Terrace Playhouse offers preschool drama time Thursdays from 10-11 a.m. The class is a parent and child interactive and directed playtime that is open to children ages 5 and up. It gives parents and children an opportunity to explore their creativity together.

The playhouse is located in Bleidorn Housing Area. For more information, call DSN 468-7636 or CIV 0981-183-636.

### Stroller Sway Stress

The Katterbach Fitness Center hosts its Stroller Away Stress class Tuesdays from 8:30-9:15 a.m.

Officials said the class allows people to bring their children along while they do cardio workouts, light toning, and some abdominal work.

For more information, call DSN 467-2771 or CIV 09802-83-2771.

### Martial arts training offered on Tuesdays, Saturdays

Morale, Welfare and Recreation offers martial arts training in the form of Keichu Do Karate Tuesdays from 6-7 p.m. and Saturdays from 10:30-11:30 a.m. at the Katterbach Fitness Center.

Instructor Patricia Sant said Keichu Do Karate is closely related to American boxing, French Savate, and mixes Judo, Ju-Jitsu, Kung-Fu, Karate, and Cajun fist-fighting.

For more information, call DSN 467-2771 or CIV 09802-83-2771.

### Parent to Tutors

The Parents to Tutors Program is kicking off soon in Ansbach and needs support from people who would like to make a difference with the community’s youth.

The program needs people to serve as tutors to help students with their homework in math, science, history, language arts, Spanish and German.

Tutor hours would be on the high school’s Gold Days from 2-3 p.m.

Tutors do not need to have a degree or be a parent—just people willing to share their abilities and make a difference.

People interested can find out more at <http://myarmylifetoo.com> under Ansbach Middle/High School.

### Looking for bookworms

Bleidorn Library hosts a monthly book club discussion group and it is looking for more members.

Books and the schedule of meeting dates are available at the main desk at the Bleidorn Library.

For more information, call the library at DSN 468-1740 or CIV 0981-183-1740.

### Sleeping Beauty set Friday

The Terrace Playhouse’s production of “Sleeping Beauty” takes place Friday, Saturday, and Dec. 7 and Dec. 8 at 7:30 p.m., and Sunday and Dec. 9 at 2 p.m.

For ticket information, reservations or more on USAG Ansbach’s live entertainment center, call 468-7636 or 0981-183-636.

### Scholarships available

Each year, about 500 youths around

the world win \$1,500 scholarships in the Scholarships for Military Children program. Children of active-duty and retired military, Reserve and National Guard members compete for the scholarships.

Applications for the fall 2008 school year are now available either at the Katterbach or Illesheim commissaries or on-line at [militaryscholar.org](http://militaryscholar.org).

The deadline for submitting applications to the commissary is Feb. 20.

Fore more information, contact Marie-Luise Glaser, Illesheim store manager at DSN 467-4717 or CIV 09841-8796 or e-mail her at [marie.glaser@deca.mil](mailto:marie.glaser@deca.mil).

### Junior spouse seminar slated Monday at Longbow Lounge

The 12th Combat Aviation Brigade hosts a junior enlisted spouses seminar Monday at 9:30 a.m. at the Longbow Lounge on Storck Barracks in Illesheim.

The seminar is designed for spouses of Soldiers E-1 to E-5. The purpose of the seminar is to bring insight into being an Army spouse and a junior enlisted Soldier.

Highlights of the seminar include an explanation of the junior enlisted promotion process, guest speaker Nancy Gaskins speaking on “Got Reputation?” lunch and a questions-and-answer session with senior spouses.

For more information on the event or to sign up, contact Veronica Martin at DSN 467-3548 or CIV 09802-83-3548, or e-mail her at [veronica.a.martin@eur.army.mil](mailto:veronica.a.martin@eur.army.mil).

People who need child care during the event should contact Martin before Nov. 26. RSVPs for the event should be made by today.

### Holiday mailing deadlines

The U.S. Postal Service recommends the following deadlines to make sure people’s holiday cards and packages make it to the U.S. by Dec. 25:

- \* Parcel airlift—Tuesday
- \* Priority parcels—Dec. 11
- \* First class letters—Dec. 11
- \* Express mail—Dec. 20.

## Bamberg Briefs

### Bamberg Health Clinic Holiday schedule

The Bamberg Health Clinic will have closures during the upcoming holiday season. Be sure to mark your calendars for these days.

During closures all emergencies should go to the Bamberg Klinikum.

- Dec. 21—Closed at noon
- Dec. 24-25 –Closed
- Dec. 31-Jan. 1 –Closed

For more information, contact the Bamberg Health Clinic Executive Officer 1st Lt. Jose Sanfeliz at DSN 469-8619.

### Retreat for teen girls

The Bamberg and Schweinfurt area Girl Scouts will be hosting a Discover Your Inner Beauty Weekend Retreat. The retreat will be held Friday to Sunday in Schweinfurt and is open to all young ladies, Girl Scouts and non-Girl Scouts ages 14 to 17.

Participants will attend a variety of sessions covering issues such as self-esteem, self-confidence, anti-violence/bullying, stress management, and healthy choices.

There is even a workshop for parents. Registration deadline is Tuesday, and cost \$20 for non-Girl Scouts and \$15 for Girl Scouts.

To register contact Patti Sahli at CIV 0951-297-3679 or e-mail for more information at [discoveryourinnerbeauty@yahoo.com](mailto:discoveryourinnerbeauty@yahoo.com).

### Holiday Tree Lighting

The holiday season lights up starting Dec. 6 at the USAG Bamberg annual Tree Lighting Ceremony. The ceremony will take place at 5 p.m. at the Traffic Light Corner.

### SKIES Unlimited looking for instructors

The Bamberg CYS SKIES Unlimited program is looking for instructors to teach classes in art, music, ballet/jazz/tap, fitness, sewing, computers, photography, cosmetology, SAT Prep, Spanish or any skill you may have that

can be taught to the youth in the Bamberg community. SKIES is also looking for academic tutors.

Contact Archie Johnson at DSN 469-7452 for more information.

### ACS needs Family Advocacy Program Manager

USAG Bamberg Army Community Service will be soliciting for a Family Advocacy Program Specialist in the near future.

Contact the Regional Contracting Office at CIV 0951-300-9383 or go on their Web site at [www.usacce.army.mil/frc](http://www.usacce.army.mil/frc) for more details.

### Join AAFES Buddy List

The holiday shopping season is here! Get on the AAFES Buddy List and be the first to know about the money savings offers and special events taking place exclusively at the Bamberg AAFES facilities.

Submit an e-mail to [AlstonA@aafes.com](mailto:AlstonA@aafes.com) to receive information about exclusive promotions, events and sales flyers regularly!

### Call info line 24/7 for weather, road conditions

Find out the current weather and road conditions for the Bamberg area by calling DSN 469-8373.

The recorded weather line information is updated every 12 hours or as conditions change and also includes a 48 hour forecast.

This service is made available by the Bamberg Emergency Operations Center.

### BES needs sub teachers

Bamberg Elementary School is looking for qualified, experienced educators to fill substitute teaching positions.

Applicants must have a baccalaureate degree from an accredited institution with at least 18 semester hours of course work in the field of professional teacher education.

Stop by the BES main office Monday through Friday from 9 a.m. to 3 p.m. for an application or call DSN 469-7616 for more information.

### Clean-up with Self-Help

The DPW Self-Help store has the equipment you need to clean up this fall. Trash bags, rakes, wheel barrows, shovels, brooms, and ladders are available.

Self-Help is located at Bldg. 7039 across from the car wash. Operating hours are Monday through Friday 9 a.m. to 4 p.m. and closed on weekends and all German and American Holidays.

For more information call Self-Help at DSN 469-7669.

### CMR oversized mail pick-up

The CMR oversized package pick up is now located at the Transportation Motor Pool, Bldg. 7102.

Customers will receive a notification slip with instructions in their mailbox and can pick-up oversized parcels from 1 to 2 p.m. or by appointment by calling DSN 469-8710.

Oversized packages include items such as footlockers, car parts, bikes, or large toys.

### ASAP 3D training set

3D training sessions will be offered on Dec. 4 and 6, and will run from 1 to 5 p.m. To register, contact Darlene Copeland, Prevention Coordinator, at DSN 469-7038.

### Family bingo night at BES

The Bamberg Elementary School Parent Teacher Association is hosting family bingo night Friday at the school.

Doors open at 6 p.m. and the games begin at 6:30 p.m. Bingo cards are \$2 each or three cards for \$5.

All money raised by the PTA will be used to support BES Programs. Bring in your “Boxtops” to win special prizes! All prizes will be for children.

### Holiday tree lighting ceremony set Dec. 6

The holiday season lights up on Thur. Dec. 6 at the USAG Bamberg annual tree lighting ceremony.

The ceremony will take place at 5 p.m. at the traffic light corner. Santa Claus will make an appearance in his fire truck after the tree is lit.

Photos with Santa will be available at the movie theater (One 4 x 6 for \$5 or two for \$8).

### Experience traditional German Christmas

Looking for something to do over the holiday season? Experience a traditional German Christmas by participating in the Christmas Good Cheer program this holiday season.

The program brings Soldiers together with local German families for one or two days from Dec. 24 through Jan. 1.

Soldiers can go alone or share the experience with a friend. To sign up, get an application from your unit sergeant major or from the Public Affairs Office, Bldg. 7089.

Please sign up by Dec. 6. For more info call DSN 469-1600.

### Holiday decorating contest

Get in the spirit of the season by registering to participate in the holiday decorating contest.

Yards, balconies and stairwells will be judged. Win an AAFES Gift Card, a sign of recognition and more! Judging will be Dec. 18 - 20.

Don’t forget, AAFES has everything you need to turn your yard, balcony, or stairwell into a winter wonderland WINNER!

Check out the great selection of wreaths, indoor and outdoor lights, holiday decorations and more at the Christmas Shop located next to the PXtra! Participants must register through the Housing Zone Coordinator Staff Sgt. King at DSN 469-7946. Registration is open now through Dec. 17.

### 16th SB holiday ball

The 16th Sustainment Brigade will be holding their Holiday Ball at the Bamberg Kongresshalle on Fri. Dec. 14 at 6 p.m.

All Soldiers, family members and guests of the 16th SB are invited to attend. Dress code is informal/business casual. Tickets are 39 Euros per person and are on sale now. For more information or to purchase tickets contact Cpt. Chan Lam at CIV 0160-128-9246.

### Catholic community special events and worship schedule

Parish advent reconciliations (confessions) will be heard at the community chapel on Dec. 4 starting at 6 p.m. An Immaculate Conception Vigil mass will be held on Dec. 7 at 5:30 p.m. and Dec. 8 is a Holy Day of Obligation.

### Health Clinic closure Dec. 6

The Bamberg Health Clinic will be closed from noon to 4:30 p.m. on Thur. Dec. 6 for mandatory staff training. This also includes Physical Therapy, Social Work Services and EDIS. All emergencies should go to the Bamberg Klinikum. For more information please contact the Bamberg Health Clinic Executive Officer 1st Lt. Jose Sanfeliz at DSN:469-8619 or CIV:0951-300-8619.

## Schweinfurt Briefs

### Chess board making class

Craft a chess board by attending an instructional class Wednesdays from 6 to 8 p.m. at the Wood ‘N’ Frame Shop in Schweinfurt. Cost is \$50 for three sessions, including materials and instructions. To sign up, call DSN 354-6304 or CIV 09721-96-6304.

### Get free transportation to Christmas market

Get a free bus ride with Moral, Welfare, and Recreation to popular locations this winter.

Sign up for the next trip going to Bad Wimpfen Christmas Market Saturday. Stroll around more than 100 booths in this romantic town by the Neckar River.

Call DSN 350-6305 or CIV 0931-889-6305 for more information.

### Scrapbook your memories for free with ACS

Join Army Community Service for scrapbooking on Tuesday at the Arts and Crafts Studio on Ledward Barracks starting at 1 p.m.

All materials and instruction is provided free of charge as part of the “I Can Do It” Success Series.

For more information, call ACS at DSN 354-6933 or CIV 09721-96-6933.

### Christmas tree lighting

Join the Wuerzburg community for

the annual Christmas Tree Lighting in Victory Garden on Leighton Barracks Dec. 7 at 4 p.m. Enjoy free refreshments, sing some carols, and bring the kids to get a picture with Santa Claus.

### Visit Wuerzburg Christ Kindle Market Friday

Bring your kids with Leighton Army Community Service as they visit the Wuerzburg Christ Kindle Market Friday from 10 a.m. to 2 p.m.

Meet at Leighton ACS and join Ms. Anna to experience the scents, sights, and sounds of a Bavarian Christmas.

For more information, call DSN 350-7103 or CIV 0931-889-7103.

### B.O.S.S. activities

Participate in Better Opportunity for Single Soldiers (BOSS) events throughout the winter. All instruction and materials are provided free of charge. Call DSN 354-6270 or CIV 0170-725-6464 for more information.

■ Tomorrow: brake repair 6 to 9 p.m. Conn auto skills center

■ Friday: Route 66 Party 5 p.m.

Conn Keller Bar

■ Dec. 5 welding class 6 to 9 p.m.

Conn auto skills center

■ Dec. 7 cosmic bowling 11 p.m. to

1 a.m. Kessler bowling alley

■ Dec. 8 paintball 2 to 4 p.m. Conn paintball field

■ Dec. 12 picture framing 6 to 9 p.m.

Ledward Wood ‘N’ Frame

■ Dec. 14-16 ski/snowboard class in conjunction with Zugspitz ski trip.

### Make candles at the Wuerzburg Kindle Market

Bring your 3 to 12 year old to the Christmas Candle Shop with Leighton Army Community Service Dec. 11.

Meet at Leighton ACS at 10 a.m. to travel together to the Wuerzburg Kindle Markt where you and your child can learn how to make candles.

Bring your lunch. For more information, call DSN 350-7103 or CIV 0931-889-7103.

### Pizza Hut delivers

Hungry? Now your pizza can be delivered directly to your door. Pizza Hut is now servicing all post housing areas with \$2 deliveries Mon – Sun from 4 p.m. to 9 p.m.

Order must be a minimum of \$15. To have your pizza delivered, call CIV 09721-476-1265 to place your order.

### Celebrate winter holiday around the world

Come to Army Community Service’s (ACS) “Winter holiday around the world” event in the Ledward Yellow Ribbon Room Dec. 7 from 6 to 9 p.m.

Celebrate the diversity in Family, faith, and traditions that make the military Family community special.

For more information, call ACS at DSN 354-6933 or CIV 09721-96-6933.

### Learn to cope with deployment support group

Attend the Deployment Support Group at Ledward Army Community Service Dec. 5 or Dec. 12 from 10 a.m. to 12 p.m.

It is open to Soldiers and spouses to share thoughts, exchange coping strategies, voice concerns and get a little feedback.

The support group is facilitated by an ACS professional Military Family Life Consultant.

Come and go as you please. No appointment is necessary. For more information, call DSN 354-6933 or CIV 09721-96-6933.

### Travel with USO

Travel with USO to Dresden on the express trip Dec. 22 or take a two-overnighter to Buchenwald and Leipzig Dec. 30 to Jan. 1.

For more information, call USO at DSN 354-6711 or CIV 09721-96-6711.

### Fun with the Family

Come to the Family game night Friday in the Schweinfurt Elementary School multi-purpose room from 6 to 9 p.m.

Reconnect with your Family and celebrate the Month of the Military Family with a fun-filled evening of games and refreshments.

For more information, call Army Community Service at DSN 354-6933 or CIV 09721-96-6933.



Here, there, and everywhere...

# Christmas markets abound for holiday fun, atmosphere



The Nuremberg Christmas market is the most famous Christmas market in Germany. Visitors and shoppers from all over travel to the old city to taste the Nürnberger bratwurst and glühwein and explore the endless rows of vendors selling everything from handmade dolls and wood-work to candy. The market is held in the Marktplatz every year starting the first Sunday of Advent and runs through Christmas Eve.

Photo courtesy of the City of Nuremberg.

**B**ERLIN —Berlin is a fairytale in lights at Christmas. It has more than 50 traditional Christmas markets with cultural events, endless shopping opportunities and unusual winter attractions. Enjoy the festive magic of atmospheric Advent concerts, or head to Gendarmenmarkt square, the historical setting for the WeihnachtsZauber – this enchanting Christmas market is regarded as one of the finest in Berlin.

Nov. 26 – Dec. 31  
Sunday – Thursday: 11am – 10pm  
Friday and Saturday: 11am – 11pm  
Dec. 24: 11am – 6pm  
New Year’s Eve: 11am – 1am

**D**RESDEN—Welcome to Striezelmarkt, one of Germany’s oldest Christmas markets, which has the tallest Christmas pyramid in the world. Established in 1434 its name comes from Hefestriezel, renowned as the original Dresden Christstollen. Every year on the 3rd Saturday before Christmas a Stollen festival and grand festival parade are held in its honor. Traditional hand-crafted goods from Dresden and the surrounding region include pyramids, incense burners, decorative arches, pottery and hanging stars.

Nov. 28– Dec. 24  
Sunday – Thursday: 10am – 8pm  
Friday and Saturday: 10am – 9pm  
Dec 24: 10am – 2pm

**F**RANKFURT AM MAIN—Frankfurt’s Christmas market, one of the oldest (1393) and prettiest in Germany, attracts more than three million visitors every year from all over the world. On Römerberg square, Paulsplatz and Mainkai quay, 200 stalls offer arts and crafts and festive food and drink. A varied program features Advent concerts, trumpet-playing from the balcony of St. Nicholas’s Church and the carillon on the 30-metre-tall Christmas tree.

Nov. 30 – Dec. 23  
Monday – Saturday: 10am – 9pm  
Sunday: 11am – 9pm

**W**IESBADEN—Schlossplatz square is the picturesque setting for the Sternschnuppenmarkt Christmas market with its huge Christmas tree and Nativity scene with life-sized figures. Visitors enter the scene through four lily gates decorated with stars and, beneath a canopy of illuminated leaves, enjoy traditional crafts and delicious food and drink. From Nov. 27, visitors can go ice-skating at the “Kurhaus Eiszeit”, an 800m2 ice rink located directly behind the Hessian State Theatre.

Nov. 27– Dec. 23  
Monday – Thursday: 10.30am – 9pm  
Friday and Saturday: 10.30am – 9.30pm  
Sunday: 12 noon – 9pm

**A**NSBACH -- Ansbach’s beautiful Christmas market is held in its splendid, historical town centre. This magical setting with its myriad of festive lights attracts thousands of visitors every year. Always popular is the Christmas exhibition “Winter-Fairytale-Christmas”, staged by Ansbach’s amateur artists in the Gothic Hall of the Stadthaus.

Nov. 30– Dec. 23  
Daily: 11am – 7.30pm  
Saturday: 10am – 7.30pm

**B**AMBERG—charming Christmas market in the heart of the town, a UNESCO World Heritage site. Be sure to sample the festive food and drink – regional specialties such as fruit bread and gingerbread feature heavily. The famous Bamberg Nativity Trail features around 35 Nativity scenes around the town and in its delightful Christmas market.

Nov. 29– Dec. 23  
Monday – Saturday: 9am – 7pm  
Sunday: 11am – 7pm

**B**AYREUTH—Festively decorated with 7km of Christmas lights, the historical old quarter is a splendid setting for Bayreuth’s “Christkindlesmarkt”. Picturesque stalls offer seasonal treats to delight all the senses. There is also a varied program of more than 200 cultural events, while the winter village in front of the Old Palace is a magical Christmas wonderland.

Nov. 30– Dec. 23  
Monday – Saturday: 10am – 7.30pm  
Sunday: 11am – 7.30pm

**H**EIDELBERG—Heidelberg’s Christmas market, a blend of tradition and romance, is held on seven squares around the old quarter and features a number of festive stalls and the Christmas pyramid. There’s plenty of Christmas excitement with sheep and donkeys to stroke, traditional food and drink from the region, charming gift ideas and a festive program of entertainment. Enjoy “Christmas on Ice” at one of Germany’s loveliest ice rinks with great views of the festively lit castle.

Nov. 28– Dec. 22  
Daily: 11am – 9.30pm

**P**ASSAU—Passau’s Christkindlmarkt is set against the glorious backdrop of St. Stephen’s Cathedral and offers a variety of festive themed fun. Cultural highlights include an organ recital in the cathedral – which has the world’s largest cathedral organ – and there are Nativity scenes galore on the Krippenweg trail. Enjoy a guided winter magic tour, discover “art in the alleys” or ride the Christkindlmarkt express!

Nov. 30 – Dec. 23  
Mon – Thu: 10am – 8pm  
Friday – Saturday: 10am – 9pm

Sunday: 11.30am – 8pm  
**R**EGENSBURG—Regensburg’s traditional Christkindlmarkt, the Lucrecia craft market and the romantic Christmas market at Thurn and Taxis Palace, which has craft stalls and demonstrations, can all be enjoyed on a Christmas stroll around this UNESCO World Cultural Heritage town. Highlights include the concerts by the famous Regensburger Domspatzen boys’ choir.

Nov. 29– Dec. 23  
Daily: 10am – 8pm  
Romantic Christmas market  
Nov. 30– Dec. 23  
Daily: 12 noon – 11pm

**N**ÜRNBERG (NÜRNBERG)—The Christmas Angel opens Nuremberg’s ever-popular Christkindlesmarkt on Hauptmarkt square. Enjoy the medieval atmosphere and delicious aromas of gingerbread, bratwurst, roasted almonds and glühwein. Everyone’s eyes light up at the sight of so many Christmas decorations and gifts. The children’s market has a traditional carousel, Ferris wheel and steam train. Between the two markets is the Nativity trail, taking visitors on a tour of the city’s many Nativity scenes.

Nov. 30– Dec. 23  
Monday – Thursday: 9.30am – 8pm  
Friday – Saturday: 9.30am – 10pm  
Sunday: 10.30am – 8pm  
Nov. 30: 2pm – 10pm  
Dec. 24: 9.30am – 2pm

**R**OTHENBURG OB DER TAUBER—Rothenburg’s Reiterlesmarkt is in an idyllic setting between the town hall and St. Jacob’s Church and is said to be one of Germany’s most atmospheric Christmas markets. Winding passageways, the German Christmas Museum, the scent of glühwein and night-time, torch-lit walks are all here. Germany at Christmastime, just as you imagine it.

Nov. 30 – Dec. 23  
Monday – Thursday: 11am – 7pm  
Friday – Saturday: 11am – 8pm  
Sunday: 10.30am – 7.30pm

**W**ÜRZBURG—Würzburg’s Christmas market, one of the most atmospheric in Germany, is held on the upper and lower market square with the historical backdrop of Gothic St. Mary’s Chapel and the Falkenhaus mansion. You’ll find everything you need for Christmas at the festively decorated wooden booths. At weekends there is also an artists’ Christmas market in the historical town hall courtyard.

Nov. 30– Dec. 23  
Monday – Saturday: 10am – 8pm  
Sunday: 11am – 8pm



# Storm Riders take Soldiers to the fight in air assault missions

by Sgt. 1st Class CHRIS SEATON  
12th CAB Public Affairs

It's 2 a.m. on a brisk November morning in an Iraqi village.

The night skies are clear, and the insurgent fighters who've been operating out of the village are sleeping. In the distance, a guard on lookout hears what sounds like a helicopter.

Sounds in the desert can play tricks on the ears, especially at night, but within moments that sound becomes deafening.

One faint helicopter heard in the distance becomes 10 menacing aircraft descending on the village.

Before the guard can roust his fellow insurgents, the aircraft have landed. Waves of Coalition infantrymen pour out of UH-60 Black Hawks and CH-47 Chinooks from all sides of the village.

Armor-clad warriors emerge from the massive dust clouds kicked up by helicopter rotors as even more aircraft—this time the lethal AH-64 Apache—hover overhead, practically begging enemy militias for an opportunity to fire their 30 mm gun.

The village is surrounded and the battle is over before it began.



Photo by Maj. Terry Rodesky

**A 'Big Windy' CH-47 Chinook from Task Force Storm's B Co., 5th Bn. 158th Aviation Regiment spins up for takeoff for a late night air assault mission. The helicopter is loaded with Soldiers preparing for an infiltration in Iraq.**

It's an air assault—a complex, joint and combined arms operation that involves infantrymen, attack helicopters, Air Force aircraft, and the Soldiers and helicopters of Task Force Storm.

The Storm Riders, Task Force XII's air assault battalion, have successfully taken part in dozens of these missions since arriving in Iraq this summer.

"The mobility that helicopters give the infantry is amazing," said Lt. Col. Jay Macklin, Task Force Storm commander. "We can arrive at anytime, day or night, and the enemy never knows how big a force is coming, where we're coming from, where we're going to land or what we're going to do."

Without the aircraft, the infantry would be forced to convoy. Soldiers on the ground, while just as efficient, face improvised explosive devices. Trucks move slower and arrive one at a time. Without the aircraft, the enemy is ready.

"The enemy is not stupid and we know that,"

said Chief Warrant Officer 2 Clark Hall, a Task Force Storm pilot. "We bring the element of surprise they wouldn't have without us."

Even with the helicopters, the battle is very real—for both infantrymen and aviators.

"Their threat is our threat," said Capt. Samuel Redding, Company Commander for A Co. 3rd Bn. 158th Aviation Regiment and a former infantryman. "If they're worried about IEDs, so are we. A lot of our door gunners tell me that if we're going in shooting, they want to get off with the infantry guys and help."

The door gunners are trained to lay down suppressive fire and to help land the aircraft during a hostile landing. For the few critical moments while the helicopter is on the ground and Soldiers are focused on safely exiting the aircraft, it's the door gunner's job to keep everyone safe.

"Sometimes when I'm flying with the ground Soldiers, it hits me," said Sgt. Steven Kellam, a Task Force Storm crew chief and door gunner. "I look around at the infantry guys we're about to land with and wonder how many of them are going to be riding back with us."

"The majority of my guys don't even think about it as being 'tip of the spear' type dangerous duty," Redding said. "They get to see the guys who are out there eating dirt. They see the guys who are really working."

The aviation side involves more than just the Soldiers in the helicopters though, Macklin said.

"These are very complex missions with a lot of moving pieces," he said. "During an assault, the entire battalion is at work, day or night—everything from planning the mission, tracking the battle in the tactical operations center, refueling aircraft or maintenance—it's one big collective effort."

The key though, Macklin said, is a habitual relationship with the ground commanders. For an operation to run smoothly, the Soldiers in the air and on the ground have to be on the same page.

"We play a big part, but we're just one piece of the operation," Hall said. "These guys on the ground are the ones doing the real work."

But when the pieces come together, Macklin



Photo by Maj. Terry Rodesky

**(Above) Soldiers board a UH-60 Black Hawk helicopter flown by the 12th Combat Aviation Brigade's Task Force Storm in preparation for an infiltration mission at a forward operating base in Iraq. (At right) Chief Warrant Officer 2 Daniel Bickett and Spc. Joshua Brooks, members of a CH-47 Chinook flight crew from Task Force Storm's B Co., 5th Bn 158th Aviation Regiment, conduct a mission brief before a late night air assault mission at Logistics Support Area Anaconda, Iraq.**



Photo by Sgt. 1st Class Chris Seaton

said, the element of surprise, the efficiency and the speed create a lethal package.

"We've become a big part of the combined arms team," he said.

At 2:10 a.m., the cool air is still filled with dust, but the roar of the aircraft has once again given way to a distant sound of a single helicopter.

But the village itself is different. What was recently a militia stronghold is now quickly becoming a safe Iraqi village.

And the insurgents never knew what hit them.

## Task Force XII Soldier becomes U.S. citizen on Veteran's Day



Story and photos by Sgt. 1st Class CHRIS SEATON  
12th CAB Public Affairs

Spc. Osborne Tate of Task Force XII was one of 178 service members here to be honored with two major events at once on Veterans Day—earning his U.S. citizenship, and being personally congratulated on the milestone by U.S. Secretary of Homeland Security Michael Chertoff.

Tate is the first member of the task force, led by U.S. Army Europe's 12th Combat Aviation Brigade, to earn citizenship during the unit's current deployment.

"I thought it was a pretty good ceremony," Tate said. "I'm proud to say I can honestly call myself an American now. For the first time in my life, I'm doing something that's not just benefiting me, but benefiting the country as a whole."

Born in Liberia, Tate and his family moved to the U.S. in February 1983. He joined the Army in March 2005, and began the process of becoming a U.S. citizen soon afterward.

"The whole process took about two years," said Tate, a power generation equipment repairer in E Company, 3rd Battalion, 158th Aviation. "I just got in contact with

(the legal office) and they pretty much did the end product."

To become a U.S. citizen, a Soldier must fill out several forms that are sent to the U.S. Citizenship and Immigration Services office in Nebraska, said Sgt. Aaron Simeraro, a Task Force XII paralegal specialist.

"Their (application) sits in at the USCIS for about three or four months while they do background checks, and perform all of the other checks they need in order to forward it to Rome," Simeraro said. "Rome branch of the USCIS actually refers the individual seeking (U.S. citizenship) to an immigration officer."

After Tate was referred to an immigration officer, and told when he

would have his citizenship interview, the legal office prepared him for the interview.

After successfully completing their interviews, Tate and 177 others became citizens in the Nov. 11 ceremony that, just like the armistice that ended World War I and led to the creation of Veterans Day itself, began at the 11th hour of the 11th day of the 11th month.

"If a Soldier wants to become a citizen during this deployment, then they need to get to their legal office and begin this process as soon as possible," Simeraro said. "The chance of them becoming a U.S. citizen while in Iraq significantly decreases the more they wait."



**Spc. Osborne Tate (right) shakes hands with the 316th Sustainment Command Sgt. Maj. Stacey Davis, during a Multinational Corps Iraq Naturalization Ceremony Nov. 11.**



# College Night educates community

Story and photo by JIM HUGHES  
Bavarian News

Hundreds of community members got the goods on getting a higher education while living overseas at the community's first-ever College Night Nov. 7 at Ansbach Middle/High School.

The event, spearheaded by Michele Cook, the new high school counselor, brought in hundreds of community members—students, parents, Soldiers and others—looking for information on getting a degree while living overseas or at opportunities that exist back in the U.S.

"I'm a military brat myself and I spent 16 years of my life overseas, so I know the challenges the students have, and this is a great opportunity to increase their knowledge base on the colleges and universities that are out there and what they offer," Cook said.

"And we didn't want to just offer it to students. I had received questions about going to college from community members in the past, so we opened it up to everyone. It does my heart good to do this because I know what they're going through." Cook said that the school's Bavarian District Headquarters directed the school to host one, so she

took the ball and ran with it, all the while viewing what other communities, like Kaiserslautern, were doing with theirs.

Ansbach's night featured 10 school representatives, the two local financial institutions in the community, a financial adviser who gave attendees a briefing on how to get school paid for, education center reps, and information on other schools, scholarships and financial aid, Cook said.

All of that made for a very informative night, said Rancel Arrocha, an Ansbach senior who attended the event with his mother, Anayansi Mills.

"I'm looking at all of the colleges," he said. "I'm just trying to find a college where I want to go where I can be happy and that my family can be happy with at the same time because they'll be helping me pay for it."

"College Night is great because it gives us a chance to see what's out there," Arrocha continued, adding he is looking into a degree in psychology or business management. "Being overseas, we don't have a chance to look at many colleges unless we go online or call them. This lets us talk firsthand to people who have been there or are representing the college."

Mom liked what she saw, too. "This is a great opportunity for the

kids and it will really help them decide what they want to do when they graduate," she said, adding that Arrocha's goal of finding a school that will make the family happy won't be too hard to achieve. "Whatever makes him happy, we'll support him."

From the schools' side of things, the night was a success, too, said Joachim Roschmann, from Touro College in Berlin.

"This is our target group right here," he said. "Nights like this give us the chance to meet with students and let them know all about our school. And for kids in Ansbach, I think they'd like our school because it is small and very personable. Berlin is big, but our school is small."

"We have American accreditations and we teach in English so students can go to our school and finish a degree or if they leave before then they can transfer their credits to a school in the U.S.," Roschmann said, adding that his quick pitch to students is, "You'll go to the most exciting city in Germany—Berlin—you'll get an American education, you don't have to speak German and it's a very good school. You'll get a wonderful degree there that helps you progress to a good job afterwards."

All those happy customers equals goal accomplished for Cook.

"I'm surprised with the turnout, but very happy about it," she said. "I hope everyone got some valuable information, learned to ask the important questions of the schools, learned how to apply, how to provide financially for their higher education and walked away with at least a piece of the tools they need."

She said as counselor she also



Joachim Roschmann of Touro College in Berlin speaks with Ansbach senior Rancel Arrocha and his mom, Anayansi Mills, about what the college has to offer at the community's first-ever College Night Nov. 7.

wants to make sure everyone knows about all the financial opportunities available to help people pay for a higher education.

"There are plenty of organizations, companies and fundraisers that provide scholarships—it's free money they can utilize towards their education," Cook said. "Books are expensive, tuition is expensive—I want them to be knowledgeable about how to get to resources."

Cook also thanked the entire community for helping make the event a success, adding that now was the perfect time for College Night.

"Seniors need to think about these things now, and not wait until graduation," she said.

The first College Night won't be the last, Cook said.

"We went to K-town and they bussed in 98 schools," she said. "We want to do the same here—put Ansbach's College Night on the map. This is my college night in training and hopefully any loopholes I missed this year I can tighten up next year, and definitely make it a bigger and better event for the community and the school."

# Ansbach singles learn 'how NOT to marry a jerk'

Story and photo by  
RONALD H. TOLAND JR.  
Bavarian News

U.S. Army Garrison Ansbach's Family Life Center took some community singles down to Edelweiss Lodge and Resort in Garmisch not to see if it could make some love connections, but to teach them 'how to not marry a jerk.'

Chaplain (Maj.) Juan M. Crockett, director of the USAG Ansbach FLC, provided the "all-inclusive" training at the end of October as part of a program of retreats designed to help community members deal with life issues.

"The one we just went on was a single folks retreat," he said. "We conducted and trained 20 Soldiers and Department of Defense employees on Premarital Interpersonal Choices and Knowledge training. The street name for the course is How Not to Marry a Jerk."

He said he and the FLC staff decided on this trip because they saw a need for the single folks in the community, and not just Soldiers.

"It's for people who are considering, already involved in, have been in a relationship, or are thinking about marriage or those who have been married," he said. "This program equips them with the essentials—tools, techniques, procedures, skills, knowledge—to use in order to choose a partner, which is what this program is designed for."

He says the program is actually twofold in that it teaches five predictive areas—what to look for—to explore in prospective partners, and five applicable bonding dynamics for after a



Sarah Hill, deployment coordinator for HHC 12th CAB, and Sgt. 1st Class Jim Whitfield pose for a photo outside the Edelweiss Lodge and Resort during the PICK training course in Garmisch Oct 25-27.

choice has been made.

Master Sgt. Sherri Jackson, USAG transportation office and a single mother, attended the retreat.

"This was not a 'hook-up' retreat," she said. "Rather, for me, it was a refresher on my people and relationship skills. It gave me a chance to evaluate and gauge myself."

"At this stage in my life, as a result of this trip, I feel more confident in my own skills—I know what I want, what types of people are good for me and those who may not be so good. I

learned some new techniques from this trip that I had not thought about."

And some people in the early stages of their relationships attended as well, such as Sarah Hill, deployment coordinator for the 12th Combat Aviation Brigade.

"The biggest lesson I took from the conference was that I need to fix myself," she said. "My boyfriend and I discussed in great detail what each of us took from the conference and how these things affect our relationship."

"Some things we realized we need to work

on and other areas we are succeeding in," Hill continued. "I believe very strongly that everyone needs to maintain preventative maintenance in self improvement, especially when it comes to relationships and dealing with others. As a result, I learned more about healthy relationships and that I need to be healthy!"

Sgt. 1st Class Jim Whitfield, operations NCO for 12th CAB's Headquarters and Headquarters Company, said he learned a lot too.

"I learned that there really is a right way to go about finding the person I should marry," he said. "I also learned what is important to look for in myself and a respective mate when making that decision. Relationships are important and they require a lot of effort to make them work. Anytime I can learn skills that will help me in my relationships, I try to make it a priority."

Crockett said it's all about the right choices. "The bottom line of this retreat was to help our young individuals and Soldiers to choose healthy partners and relationships by becoming healthy themselves," he said.

The FLC provides and conducts religious services, counseling for Families and Soldiers, and also conducts and self-improvement or themed-based development trips as well.

Upcoming retreats include the deployed spouses' retreat Friday to Sunday, and Dec. 13 to 15 at Edelweiss Lodge and Resort in Garmisch. The family life center regularly hosts all-inclusive retreats for families, couples, and single Soldiers.

Call DSN 467-2785 or 09802-83-2785 for more on what the FLC has to offer.



Culinary Classics

(From left) Angela Manos, Marie-Luise Glaser, Kim Olsen, Susan Record and Jennifer Morrell get ready to enjoy the fruits of their labor during the German Cooking Class at Storck Barracks Nov. 7.

The class featured schnitzel and cordon bleu. The next class is Dec. 5 and attendees will learn to make goulasch and spaetzle.

For more on the class, call 467-4555 or 09841-83-4555.

Courtesy photo



# Bamberg community supports Army

## Family Covenant signing Nov. 8

Story and photo by  
**RENATE BOHLEN**  
USAG Bamberg PAO

Soldiers and families gathered in Preston Hall on Warner Barracks, U.S. Army Garrison Bamberg, Nov. 8 to witness the signing of the Army Family Covenant – a worldwide initiative recognizing the Army's commitment to Soldiers and families serving their country.

As part of the ceremony, USAG Bamberg Commander Lt. Col. Gary Rosenberg accepted a responsibility to honor and execute the service's pledge to provide Soldiers and their families with a quality of life equal to their service to their country.

Along with Brig. Gen. Stephen Lanza, deputy commander of V Corps and senior mission commander, Rosenberg signed the covenant,

personally thanking family members for their outstanding contributions.

"Over the past several years, the Army has recognized the tremendous sacrifices our Soldiers and families have made," Rosenberg said, noting recent initiatives that have improved the quality of life for all.

"The Army put its money where its mouth is and continues to fund programs to support the Soldiers and families," he said.

For example, on Warner Barracks, the child development center received 35 additional spaces at a cost of \$500,000. Plus approximately 1,800 Soldiers received renovated barracks rooms at an investment of \$8 million.

And though the new Freedom Fitness Facility opened about three years ago, the investment of \$14 million continues to enhance morale here. The old gym is undergoing

renovations to become a state-of-the-art youth workout center, which will feature a climbing wall among many other features.

The Warrior Transition Unit program here is yet another example of the Army taking care of its own. Currently, there are five WTU projects – at an investment of \$920,000 – ongoing at Warner Barracks.

Numerous Army and Air Force Exchange Service initiatives also focus on improving the community atmosphere. AAFES committed \$2 million to upgrade every exchange operation on Warner Barracks, increasing customer service and the overall shopping experience.

"Families and Soldiers deserve better. They're making huge sacrifices in support of the Global War on Terror and we're committed to give them what they deserve," Rosenberg said.



Lt. Col. Gary Rosenberg, commander of USAG Bamberg, left, and Brig. Gen. Stephen Lanza, deputy commander of V Corps and senior mission commander, sign the Army Family Covenant during a ceremony held at Preston Hall Nov. 8.

## Share the magic of Christmas by aiding Angel Tree program

Story and photo by **AMY L. BUGALA**  
Bavarian News

There's no better time for giving than the holidays. Share the magic of this season with a child by participating in the Community Chapel Angel Tree program.

"During this season we often count our blessings and think of those less fortunate than ourselves. In that spirit we offer an opportunity through the Angel Tree Program for people to give a toy to a child in our community to help brighten their holidays," said Chaplain (Lt.Col.) Tom Wild, U.S. Army Garrison Bamberg

chaplain.

Two trees will be decorated with approximately 350 angels and placed in the community; one at the chapel and one inside the entrance to the AAFES PXtra.

To participate in the program, remove one or more angel tags from the tree and purchase appropriate gifts for the child or children described on the tags.

Participants are asked to bring all purchased and wrapped gifts for your angel(s) to the chapel tree no later than Dec. 16.

Anyone can participate. "Last year there was an outpouring of generosity from our

community and we sense the same is true this year. Already we have collected over \$7,000 from the chapel congregations to go towards the Holiday Food Voucher Program as well," said Wild.

The program works the same as last year and the goal is to ensure that 100 percent of the designated children receive a gift on Christmas.

"It is a simple way to spread some Christmas joy and receive the blessing of giving," said Wild.

For more information about the Angel Tree Program, contact Staff Sgt. Wilfredo Silva at DSN 469-8139 or mobile 0160-9032-6331.



Three hundred fifty angels will be available on designated trees.

## School hostage scenario tests emergency response, new alert system

by **AMY L. BUGALA**  
Bavarian News

On the morning of Nov. 10, U.S. Army Garrison Bamberg and German emergency responders were called into action after the Military Police received a phone call from a very distraught teacher at the Bamberg Elementary School.

Several masked gunman entered the school, detonated a small explosive, and began shooting. What unfolds over the course of the next six hours of this crisis was planned as part of the garrison's semi-annual full scale anti-terrorism exercise at Warner Barracks, Nov. 8-10.

"The exercise scenario was based on the Beslan School Hostage crisis in Russia," said Keith Brewer Force Protection program manager. "In

September 2004, 32 attackers seized a school building, taking approximately 1,000 hostages. Everything is based on trends that we've seen in the past - we have to think the unthinkable."

The USAG Bamberg Commander, Lt. Col. Gary Rosenberg's, intent for the exercise was to bring into action and test the command and control center as well as the garrison crisis management team.

"In comparison to post incident response scenarios like dirty bombs or explosions, this hostage situation was designed to stress the system on many levels and engage the crisis management team before a situation exists," said Brewer.

In the days leading up to the event a variety of indicators such as security

breaches and surveillance were fed into the system through the garrison security office, 66th Military Intelligence group and the Criminal Investigation command. The indicators tested the security systems by driving the command to certain decisions such as elevated force protection levels.

"We already have a great internal fusion cell and cross sharing with our German counterparts. It was great to see it all work together," said Rich Sherman, Bamberg Security Officer.

The Military Police were the first on the scene and determined it was a hostage situation involving approximately 30 children at the school. Host nation emergency responders arrived on the installation and immediately set up a Command

and Control Center at the bowling center comprised of members from the German army, police, firefighters and Red Cross along with the Military Police, Emergency Services and CID.

"As the different emergency services arrived on the scene the Command and Control Center came together quickly," said Capt. Michael Grygar, Military Police, Provost Marshal. Over 75 active and volunteer host nation responders participated in the event recording information, assisting within the C2 or taking action.

"All responders, both host nation and military, learned more about each others responsibilities during the exercise," Grygar said.

Fire and emergency services chief, Harald Doktorowski agrees and emphasized that the exercise helps both sides avoid misunderstandings.

"One very important function is the translation between host nation and US, and the exercise was very good training for our interpreters," said Doktorowski.

A decision to assemble the crisis management team was made immediately by Rosenberg, giving the emergency operation center the opportunity to test the effectiveness of a new mass notification system that was put in place this fall.

"The new notification system made contact with the 32 member team in less than two minutes, compared to manual calling which took the staff approximately 45 minutes," said Jack Berryhill, Emergency Operations supervisor.

The CMT, made of up of representatives from the major directorates within the garrison, serves

to advise the commander during an incident.

"Our crisis communication processes and procedures were put to the test in the CMT and we naturally

found areas that need to be improved in order to deal with an 'all hazards' scenario such as this," said Dr. Robert Mann, Plans, Training, Mobilization and Security director.

After a SWAT team stormed the building and removed the hostages, the major medical rescue and recovery efforts from the host nation responders began.

The scene inside the school was made more realistic by using over 25 moulaged victims played by volunteers from the 15th Army JROTC, and both German and American students. Adult volunteers coached the victims to make each individual emergency situation as real as possible.

Mann explained how crucial the annual exercise is for refining the U.S. and host nation operational procedures.

"The exercise enables us to realistically practice process execution in a simulated environment to better facilitate a timely and accurate response if an actual crisis or incident ever occurs," said Mann.

The participating host nation agencies met with the garrison during an after action report meeting on Nov. 12.

"We got a lot of feedback, 90 percent of which was positive," said Brewer. "They were very happy with the overall results and saw that all the points that needed improvement could be easily fixed."



Photos by James Fredrick

German paramedics and the members of the quick reaction force move a simulated victim with a head injury into an ambulance.



# Running of the Herd

Soldiers start a 24-hour run at Forward Operating Base Fenty, Afghanistan Nov. 8. The run was organized to commemorate a bloody day in the history of the 173rd Airborne Brigade, when they lost 48 Soldiers on Nov. 8, 1965 during Operation Hump in Vietnam.



## Troops, civilians in Afghanistan honor the 48 Soldiers lost during Vietnam's Operation Hump with 24-hour run

Story and photos by  
2nd Lt. MONIKA COMEAUX  
173rd Brigade Support Battalion

"On the 8th of November, the angels were crying as they carried his brothers away... There were few men left standing that day," sings the country band Big & Rich in their ballad commemorating the fall of 48 American Soldiers from the 173rd Airborne Brigade in 1965 in Operation Hump, war zone D, in Vietnam.

Forty-two years later, members of the 173rd Airborne Brigade, other service members and civilians deployed to Forward Operating Base Fenty, Afghanistan, honored the fallen Soldiers of Operation Hump by participating in a 24-hour run.

The event celebrated unit cohesion, teamwork, and esprit de corps. Participants ran along a roughly three-and-a-half mile route lined by miniature American flags and passed a bayonet, which is depicted on the unit patch of the 173rd ABCT, to one another in lieu of a baton.

The event was made even more special by having a Vietnam veteran, Rick Petersen, from the Facility Engineer Team participate.

"I think it is a great idea. I think it is great that everybody is going to come out here and support one another. It is great for camaraderie," said 2nd Lt. Kate Fullenkamp, a quartermaster officer and platoon leader of "3-5-1" Platoon of Company A, 173rd Brigade Support Battalion (Airborne).

Her platoon of forty entered with not one,

but two, seven-man teams. There would have been more volunteers, but mission requirements did not allow all of her Soldiers to participate.

"We had more than seven people who wanted to do this, but we picked the best seven," said Pfc. Ikechuku Odi, a combat engineer with Road Clearance Patrol 4, Company A, 70th Engineer Battalion stationed at Fort Riley, Kansas.

Ever since they found out about the race, the engineers ran two laps every day when they didn't go outside the wire, in preparation for the challenging race. When Odi heard about the race, he thought "we are going to win this."

"Our tactic is simple: run as fast as you can," he said, after completing his first lap in a little over 22 minutes.

"Some people are out here for the physical aspect... But there are people that are out here because it is fun and you enjoy it and you will always remember it, for sure," said Fullenkamp.

The rules of the run were pretty simple.

"Basically it is a 24-hour relay with seven-man teams. One runner must be running at all times," said 1st Sgt. Drake F. Sladky from Company C, 173rd BSB. An avid sportsman, he was one of the masterminds behind the event.

According to Sladky, the idea of organizing another run after running a 10-kilometer race shortly after the 173rd's arrival to Afghanistan was cherished by many.

Originally they were aiming for New Year's Day, but then they received a disk containing

the music video, '8th of November,' from James Bradley, a member of the 173rd Association. "We knew that we had to do some sort of race in commemoration of that date," Sladky explained.

"Everybody in the company helped out, mostly by getting sponsors for the race day and organizing the registration," Sladky said. As a result, a total of 21 teams signed up.

"We were really lucky; we started early and got sponsors... The 173D Association sent the race t-shirts. Niles Harris, [the Vietnam veteran who was the inspiration for the country song and was himself injured on November 8, 1965], sent about 200 autographed T-shirts," said Sladky.

Some of the shirts ended up as prizes, but the majority were sent out to subordinate units of the 173rd who are deployed to other forward operating bases and weren't able to participate in the run. Prizes included name brand golf clubs, shirts, hats and a multitude of other things. No team went home empty-handed.

Pfc. Odi was right when he thought his team was going to win. On Nov. 9, perhaps the angels were smiling a little as his team from Road Clearance Patrol 4, Company A, 70th Engineer Battalion carried their prizes away.

The winning team completed a total of 51 laps, covering, ironically, 173.4 miles in the 24-hour period, and consisted of Staff Sgt. Luis D. Rivera, Pfc. Ikechuku Odi, Pfc. Vincent A. Fiorillo, Pfc. Joshua M. Contryman, Sgt. Eric E. Chappel, Sgt. Bradley J. Edmonds, and Spc. Tin T. Tran—all combat engineers.



**Two Soldiers participating in a 24-hour running race at FOB Fenty, Afghanistan Nov. 8 arrive at the start/finish line neck-by-neck. They hand off their bayonets used as batons to the next person running from their teams.**

## Soldiers learn emotional first aid, suicide intervention

by Sgt. KEITH M. ANDERSON  
16th SB Public Affairs

Soldiers learn how to bandage wounds on the battlefield, but don't learn how to treat emotional injuries, which can be just as deadly.

A recent Associated Press story ran with the headline "Army suicide rate highest in 26 years." The story, one of many, was referring to an Army report which said that there were 99

confirmed suicides Army-wide in 2006, a quarter of which were in Iraq and Afghanistan.

To do something about that, Soldiers from the 16th Sustainment Brigade participated in ASIST, Applied Suicide Intervention Skills Training, a two-day, skills-building workshop that prepares caregivers of all kinds to provide suicide first-aid interventions at the US Army Garrison Bamberg Community

Chapel Nov. 5 - 6.

For Soldiers, the ASIST program is essential "first aid" training, said Maj. James Boulware, 16th SB chaplain.

"It is used to improve Soldiers and caregivers' abilities to intervene until either the immediate danger of suicide is reduced or additional assistance or resources can be accessed," Boulware said. "The workshop is designed to provide caregivers with emergency

"first aid" skills for helping persons at risk of suicidal behaviors."

The international program, begun in 1982, teaches caregivers:

- to identify people who have thoughts of suicide; to understand how beliefs and attitudes can affect suicide interventions;

- to seek a shared understanding of the reasons for thoughts of suicide and the reasons for living;

- to review current risk and develop a plan to increase safety from suicidal behavior for an agreed amount of time;

- and to follow up on all safety commitments, accessing further help as needed, according to information from LivingWorks.

Staff Sgt. Philip Anderson, 106th Finance Management Company, 16th Special Troops Battalion, 16th Sustainment Brigade, discussed a difficult time in his life after the death of his mother, with the rest of the class during Applied Suicide Intervention Skills Training, at the US Army Garrison Bamberg Community Chapel Nov. 6. ASIST is a two-day, skills-building workshop that prepares caregivers of all kinds to provide suicide first-aid interventions.

**Staff Sgt. Philip Anderson, 106th Finance Management Company, 16th Special Troops Battalion, 16th Sustainment Brigade, discusses a difficult time in his life after the death of his mother, with the rest of the class during Applied Suicide Intervention Skills Training, at the US Army Garrison Bamberg Community Chapel Nov. 6. ASIST is a two-day, skills-building workshop that prepares caregivers of all kinds to provide suicide first-aid interventions.**



Anderson said that when his mother died he started drinking heavily, a common scenario in the Army, and an indicator of depression.

"My intent was to get wasted," Anderson said. "I didn't care if I passed out, died, whatever. If that would have killed me, so be it."

He said the intervention of friends and family turned him around.

"All of them came at me with different points of view," Anderson said. "They made me see that I have a lot of reasons to live."

Boulware said Army leaders and non-commissioned officers need to change some of their thinking about suicide, that "tough-love" is not the answer.

"That's not the approach," Boulware said. "The Army understands there are mental issues as well as physical issues. We try to take care of the whole Soldier."

The caretaker approach is a positive and productive approach that can save lives and improve the combat effectiveness of the Army by retaining experienced Soldiers, and caring for the whole Soldier.

It is important for Soldiers to know that leaders care, Boulware said.

"People don't care how much you know until they know how much you care," he said.



# AAFES discusses eatery change, addresses other topics during open community forum

by **ROGER TEEL**  
*Bavarian News*

An Army & Air Force Exchange Service-operated All-American Eatery, which will provide a greater menu variety, will begin serving customers in the Leighton PX food court Sunday.

The move to the AAFES-run eatery—and the closure of Charley’s—was accelerated, officials said at the Leighton Community Forum Nov. 14, because local commanders and members of the AAFES advisory council said the expanded menu was a practical move. The eatery was originally slated to open in February.

Addressing 120 community members at the

Leighton Community Activity Center, AAFES regional manager Stan McGhee said decisions affecting local customers are not made in a vacuum.

“The move from Charley’s to the All-American Eatery earlier than planned was directed by command guidance. We continue to assess every situation in our facilities and make adjustments as needed. That being said, your feedback and comments are always encouraged,” he said.

Justin Mitchell, deputy USAG Schweinfurt commander concurred.

“Col. Haager and I are in near daily contact with the AAFES staff. There is not one decision being made that we’re not aware of beforehand,”

he said.

The new eatery will open “without any loss of service,” said Tom Gross, incoming AAFES general manager for the Tri-Border Exchange that includes Schweinfurt, Bamberg, and Wuerzburg.

“We will close Charley’s at the end of the day Dec. 1, tear down the store front, and open the next morning as the All-American Eatery,” he said.

The eatery’s menu includes a full breakfast menu including eggs to order, salads, sub sandwiches, burgers, steak sandwiches, hot dogs, chicken strips, rotisserie chicken, and a full complement of side orders, beverages, and

desserts.

Hours of the eatery will be Mon.-Tues. – 8 a.m. to 2 p.m. and Wed.-Sun. – 8 a.m. to 7 p.m. Anthony’s Pizza, also an AAFES entity, will continue to serve customers.

Hours are Mon.-Tues. – 11 a.m. to 2 p.m. and Wed.-Sun. – 11 a.m. to 7:30 p.m. Hours are shorter on Monday and Tuesday when the PX is closed, Gross said.

As the forum drew to a close, Mitchell encouraged those in attendance to continue bringing issues to the forums.

“We’re here because you’re here. Keep communicating with us, even if you’re not happy with the answer you may get. We can only address an issue if we know about it,” he said.

# High school preps seniors during college fair



Sophomores Courtney Quick, left, and Victoria Richards take in information given by college alumni at Wuerzburg High School’s college fair Nov. 14.

**Story and photo by SANDRA WILSON**  
*Bavarian News*

High-schoolers and their parents gathered in Wuerzburg High School Nov. 14 to peruse college admission material while alma mater community members stood by their tables to answer questions.

“It’s very important to further your education after high school no matter what path you take,” said Maribeth Clarke, Wuerzburg High School counselor.

For this reason, Wuerzburg High School sponsors a college fair each year to give students and parents an additional opportunity to see what’s out there.

There is an abundance of information on the Internet these days, said Clarke, so it’s essential to help students and parents weed through it all and narrow their search.

“I hope to get a better understanding of what these colleges have to offer... I’m looking for a place that I can stay at for the whole four years. I don’t want to bounce around

from school to school,” said senior Anthony Miles.

While the research required to find financial aid and the perfect college may seem intimidating, the schools are here to help. With the school-provided login information, students can have access to a useful Web site to search for majors, careers, colleges and financial aid: <https://myroad.collegeboard.com>. Individual profiles can be made and preferences can be listed to narrow each search.

There were 32 colleges and universities represented at the college fair as well as Andrews Federal Credit Union and a Navy recruiter— all giving a personalized view of their institutions.

Many students and parents gathered material from the tables to review at home and others talked with alumni to get the inside scoop on college life. One of the prevalent topics of the evening was about financing a college education.

“Tuition can sometimes be a big block. When you see this big figure you don’t automatically think financial aid, scholarships and

grants—you just think that’s a lot of money to come up with for college,” said Nancy Reichert, college prep teacher who works closely with Clarke.

In addition to the cost of college, oftentimes being overseas can contribute to a fear of the unknown since many students are not able to visit colleges before applying. Another hesitancy of going away to college can have to do with not wanting to leave a mom or dad home alone when one parent is deployed.

Once the fears are addressed, and it comes down to the details of filling out lots of applications for admission and aid, Clarke and Reichert both encourage all to seek assistance whenever needed.

“When there is a question, pick up the phone,” said Clarke. “A big part of my job in the application arena is helping everyone pay attention to the details... Sometimes we have to take one step at a time.

“The secret to getting ahead is getting started. And they can always have help getting started in the counseling office.”

# WHS drama department has ‘suite’ fun ... in three acts

Story and photo by **MIRANDA McLEAN**  
*Bavarian News*

Drama. High school is full of it. At Wuerzburg High School, there’s even a department for it.

This fall, Wuerzburg High School’s drama department invited the community to check into “Suite Simon.”

“Suite Simon,” a comedy in three acts, is a blend of one-act plays written by Neil Simon. Director David Flom handpicked these acts from Simon’s large collection for their variety of characters that highlight the student’s acting. The unifying factor in these acts is their location - Plaza Hotel, Suite 719.

Audience members were in for a treat – and a lot of laughs – as stories played out humorous life situations.

“The first (story) deals with a man and his wife who have come to London to go to the Wimbledon tennis matches and they lost their tickets... The middle one is about two couples who have been traveling together and they’ve definitely been traveling too long,” Flom explained.

The third act features a couple whose daughter locks herself in the bathroom on her wedding day and refuses to come out.

“It’s funny – it’s a lot of activity... There’s some physical humor and other things that are entertaining for

*Students perform Neil Simon play*



**Rebecca Bausum and John Reynolds rehearse as exasperated parents Norma and Roy Hubley, whose daughter has locked herself in the bathroom on her wedding day in one part of the Wuerzburg High School production of “Suite Simon.”**

the whole family. (The audience) should expect a lot of energy, and a lot of fun. (The) actors will be having fun as well,” said Flom.

The cast of “Suite Simon” includes 11<sup>th</sup>-graders Rebecca Bausum, Fred Kips, John Reynolds, and Katie Richardson; 10<sup>th</sup>-grader Richard Flentie; and 9<sup>th</sup>-grader Hannah Richardson.

Some of the actors are new to the stage while others are seasoned veterans. But Reynolds explained that even veterans face challenges.

“I feel like I’m playing a character that’s completely opposite of who I am... but it’s fun ...you always get to enjoy it,” he said.

“Suite Simon” was performed Nov. 15-17.

# Book fair a real page-turner for SES kids

Even in kindergarten, Schweinfurt Elementary students like Katelyn Eubanks know a good book when they see it. SES students held a book fair the third week of November, giving students an opportunity to browse through age-appropriate reading materials and parents a centralized place to purchase English-language books for their children.



Photo by Miranda McLean



# Preparation, caution key to winter driving safety

by **KIMBERLY GEARHART**  
*Bavarian News*

Winter is here, in spirit if not by date, and that means it is time—or past time—to winterize your vehicle.

Doing so can help you remain safely on the road and stay out of trouble.

First and foremost, make sure that you have either winter or all-weather tires on your car. German law requires that tires “suitable to the weather” be used at all times, and you can be fined for failing to comply.

In addition, you should check your tires frequently for proper inflation, but be careful not to over-inflate them.

“You should maintain the manufacturer’s suggested pressure. Tires that are too tightly filled do not connect properly with the road, and you get less traction,” said Juergen Hoechemer, garrison safety specialist.

In addition to having proper tires, drivers are also required to use a windshield washer fluid that contains anti-freeze. Headlights should be checked for proper alignment as part of the winterization routine, and wipers should be checked.



Photo by Paula Guzman

**Motorists are required to switch to winter or all-weather tires for the season.**

“The number one cause of accidents is driving too fast for the conditions. Number two is following too closely,” Hoechemer said. Driving too fast or too close to the car in front of you, with inappropriate tires in wet and icy weather is a recipe for disaster.

Most people, however, do drive more

carefully when the weather is overtly bad. When we can see rain or snow on the roads, we are more cautious. This is what makes “black ice” so dangerous.

“Black ice is very dangerous because it forms before people expect it, so they are unprepared,” Hoechemer said, adding that bridges and

perpetually shaded areas such as those found along forested roads are particularly prone to developing unseen icy patches.

Properly preparing to drive is just as important as driving carefully. It is imperative that all snow and ice is removed from all windshields, windows, and mirrors prior to driving.

The obstructed view caused by the ice adds to the risk of winter driving and can put you at fault in case of an accident.

In addition to the usual emergency equipment required by German law, motorists should also prepare a winter driving emergency kit to keep in their trunk.

Such a kit should include blankets, jumper cables, a first aid kit, flashlight, and some sort of abrasive like sand or gravel to aid traction should you get stuck in a slippery spot.

The key to safe winter driving is in being prepared and slowing down.

“Don’t put yourself in a time crunch,” said Eddie Sauer, garrison safety manager. It takes longer to prepare a car to drive during the winter, and it may take longer to get where you are going, but speeding up or not preparing properly is dangerous.

# Wuerzburg NCO named top medic in Europe

by **ANNE TORPHY**  
*Bavarian MEDDAC PAO*

Staff Sgt. Gabriel Noel I. Camacho, non-commissioned officer in charge of Education and Training, Bavarian Medical Command in Wuerzburg, conquered the Expert Field Medical Challenge to become the top medic in Europe for 2008.

The competition, held Nov. 4-6 in Grafenwoehr, is a 60-hour comprehensive competition which requires competitors to have earned the Expert Field Medical Badge or Combat Medical Badge prior to entry. Camacho possesses both.

Candidates took part in land navigation exercises, demonstrated their medical skills in a field setting, overcame an obstacle course, and completed a 12-mile road march in full gear in under three hours. Candidates were also tested on communication and Warrior skill tasks.

“One of the great things about the competition was that it did challenge you both physically and technically. These are two aspects of being a combat medic that are crucial when fulfilling your duties while deployed, so it does help you gauge your combat

readiness,” said Camacho.

Camacho earned the highest total points in the competition and will travel to Fort Sam Houston in the spring to represent U.S. Army Europe in the Army-level EPMC. Camacho will not be the sole European representative in San Antonio, however.

“We will ... show the rest of the Army that there are Warrior medics...”

**Staff Sgt. Gabriel Camacho**  
2008 Top Army Medic, Europe

David Rubenstein, USAREUR command surgeon and commanding general, Europe Regional Medical Command, who was on hand to bestow the honors.

The announcement was met with excitement, and Camacho said he’s looking forward to competing again with the other European medics.

“I truly appreciated the camaraderie, all the competitors supported each other as we engaged every gruesome event in the competition ... I sincerely hope I see all the same candidates from Europe compete down in San Antonio as well. We will definitely show the rest of the Army that there are Warrior medics in Europe,” Camacho said.

“You’re all winners ... I’m going to fund the top six of you to go back to Fort Sam Houston to compete for the title of Army’s best medic,” said Brig. Gen.



Photo by Phil Tegtmeier

**Staff Sgt. Gabriel Camacho slides down the inverted rope on the obstacle course in Grafenwoehr in February 2007 while competing for the Non-commissioned Officer of the Year for the Europe Regional Medical Command. He took on the same course in competing for honors of USAREUR Top Medic in November. Camacho will travel to Fort Sam Houston in the spring to represent U.S. Army Europe in the Army-level Expert Field Medical Challenge.**

# Girls show off ‘smarts’ as members of youth sorority club

by **MARK HEETER**  
*Bavarian News*

The quest for knowledge never ends with this group of girls. You can call them the Smart Girls’ Club.

“We work with them on their decision-making, their lifestyle changes, just trying to help them have information to make healthy, positive choices,” said Debra Gosinski, child and youth program assistant at the U.S. Army Garrison Schweinfurt youth center.

The center, located in Bldg. 241 on Ledward Barracks, currently houses both the middle school and teen center programs.

## A Unique Twist

The Smart Girls’ Club, a Boys and Girls Club of American program, has a unique twist in Schweinfurt, according to Gosinski, because it is modeled somewhat after college sororities.

“When they join the Smart Girls Club, they pledge” Gosinski said, following an application process that includes an interview, scholarship,

recommendation letters, and a week of special training.

## Building Them Up

“They are challenged physically, mentally, and emotionally. Our point isn’t to ever punish them, but to build them up, to challenge where they’re coming from and make them stronger,” Gosinski said.

“The newer pledges connected really good with the older sorority sisters. It brings them together,” said Alicia Bienvenu, another CYPA at the center.

The group is comprised mainly of middle-schoolers, but a few of the charter members of the Schweinfurt club are in high school. One thing they all have in common is leadership, according to Bienvenu.

“The girls are all fun and having fun with their friends and then, in a split second, it’s smart girls’ time, and they’ve got the leadership and they know what they’ve got to do and when to do it. It’s like a totally different person. And it’s awesome,” she said.

In addition to the slight difference

in ages, the girls bring together many different backgrounds and experiences – much like a sorority, Gosinski said.

“We expect our smart girls to be leaders, and we ask them to do things around the center, volunteering around the center,” Gosinski said.

And they like to learn. The group recently joined their adult staff members on a trip to Garmisch with the Smart Girls’ Clubs from Ansbach and Wiesbaden. Their pass-the-time activity on the bus ride down? Trivial Pursuit. “They had so much fun, they didn’t want to stop,” Gosinski said.

## Making A Difference

The Smart Girls’ Club is also actively involved in the community, and members volunteer for events and activities year-round, she said.

The club currently has 16 members and is hoping to boost that total during the next selection process, beginning Dec. 7, when initial applications are due. The application packets are available at the youth center.



Photo by Debra Gosinski

**Smart Girls’ Club members practice for a presentation during a retreat in Garmisch.**



# Good hygiene helps prevent skin infections

Special to the Bavarian News

A recent news article referred to Methicillin-resistant Staphylococcus aureus, or MRSA, as a “superbug.” While some forms of MRSA are serious, it is not truly a super bug where everyone that gets it becomes seriously ill say Europe Regional Medical Command and U.S. Army Medical Activity - Bavaria medical professionals.

Medical communities around the world have been studying and fighting MRSA, a type of bacterial infection, for a number of years.

In the past, medical communities thought MRSA was only a hospital-acquired staph infection, but several years ago it began emerging unexpectedly in communities.

### Not an Outbreak

“There is not a MRSA epidemic or outbreak,” said Dr. (Col.) Steven Princiotta, deputy commander for clinical services at Landstuhl Regional Medical Center, and a specialist in pediatric infectious diseases.

“What we have is more public awareness brought on by unusually severe cases that were reported in the

media,” Princiotta said.

### It’s no Superbug

“We want to give our military community the facts so they won’t be alarmed, but at the same time, take precautions to prevent it spreading in the community,” said Princiotta. “The spread of MRSA can be prevented and it can be cured, so it is not a superbug,” added Princiotta.

While MRSA is spread by skin-to-skin contact, it is not especially contagious. Infections such as varicella (chickenpox) and measles, which are very contagious, require parental notification, according to Princiotta.

Most laboratory-confirmed tests for MRSA are coming in from the community, not from hospital-acquired infections as was most common years ago, according to Dr. (Capt.) Sarah Niles, Chief, Preventive Medicine, BMEDDAC, and she attributes that to a young, healthy active-duty population in Europe.

Staph infections like MRSA occur frequently in older people with weak immune systems due to wounds, infections, and pneumonia.

Niles emphasized that bacteria are

not harmful until the right conditions are present.

There are millions of bacteria on your body at any given time, bacteria are in the air we breathe, in the ground, on all surfaces we touch; but the right conditions have to be present for the bacteria to become harmful.

Studies show that only about 20 percent of the population has the right skin type and genetics for MRSA infections. These patients may have problems with recurring skin and soft tissue infections.

### Overuse of Antibiotics

“That is why it is so important not to overuse antibiotics for colds and other viruses when they are not indicated,” said Niles. Antibiotics not only kill bad bacteria, they kill good bacteria that can protect you from other illnesses like MRSA.

MRSA primarily spreads from person to person instead of from objects or surfaces to people.

“The regular and proper use of bactericidal cleaning products on common surfaces in common areas of any building provides a safe environment,” said Princiotta.

### Keeping Clean

Niles added that as a preventive measure, “Good hygiene, such as frequent hand washing, covering of any sores or breaks in the skin, and staying at home when you have large and exposed draining lesions will do more to prevent the spread of MRSA than scrubbing down a large building.”

Even though a person practices good hygiene, some individuals are more at risk of having a serious or recurring MRSA infection. Individuals who have very oily skin, are significantly overweight, get overheated and sweaty, and wear tight clothing that does not allow the skin to breathe, are more prone to MRSA infections.

### Risk Factors

Other risk factors include close skin-to-skin contact, cuts and abrasions, contaminated surfaces, crowded living conditions, and poor hygiene, according to the Centers for Disease Control.

“Take extra precautions to keep skin and clothing dry and clean,” said Niles. MRSA bacteria typically grow rapidly in warm, moist areas of the

body.

Places like the nose, ears, underarms, groin, skin folds, and vaginal and rectal areas are common infection sites.

“Take special care to clean skin folds and other warm, moist areas where bacteria love to multiply, and always use a clean, dry towel; don’t share it with anyone, even family members,” advises Niles.

### Soldier Risks

Soldiers have the same risk factors. They can become infected through direct skin contact or through contact with contaminated surfaces and sharing of towels.

“Bacteria require several hours to re-grow after showering with soap and water. MRSA may infect people who take a daily shower, but is more likely to cause serious infections or recur in persons who ignore early sores or who are not as diligent with skin hygiene,” said Niles.

“There is no mystery as to how to prevent MRSA. Soap and water work.

Wash your hands regularly,” said Niles. For serious cases, your doctor will recommend other treatment measures.

## Wuerzburg students learn dental, medical tips firsthand



Photo courtesy of U.S. Army MEDDAC Bavaria

Dr. Minaxi I. Patel gives dental tips to Wuerzburg Elementary kindergarteners.

### U.S. Army MEDDAC Bavaria

The kindergarten class of Wuerzburg Elementary was invited for a tour of the Wuerzburg Medical and Dental Clinics in Bldg. 24, Leighton Barracks Nov. 14.

The children were very pleased as well as enlightened by their experience.

They learned that the Health Clinic and Dental Clinic are operational and happy to provide quality, safe patient care to our community.

Lt. Col. Minaxi I. Patel, officer in charge, Leighton Dental Clinic, was pleased to learn that the class loves to brush their teeth, and gave tips on keeping a bright and healthy smile. She reminded them of the importance of a dental exam.

Children as young as 2 should receive an exam every six months and adults need a check-up on an annual basis. Other preventive measures such as cleanings, fluoride treatments, sealants, and healthy snacks help prevent tooth decay and ensure long-lasting smiles.

Exams are done on a walk-in basis from 7:30 to 9 a.m., Monday through Friday. Appointments for everyone and cleanings for children ages 7 and younger can be scheduled by calling CIV

0931-889-6125 or DSN at 350-6125.

Capt. Judy J. Elsbury, chief nurse, Leighton Health Clinic, reminded the kindergarteners that hand washing is essential to the prevention of spreading germs, including the influenza virus.

Children may be susceptible through April 2008. Kids need to remind their parents that prevention is the best idea, and a trip to the clinic for the flu vaccine is essential.

Flu vaccine clinic hours are by walk-in during regular hours, Monday to Friday from 7:30 a.m. to 4:15 p.m.

On Thursday mornings, the clinic is closed for staff training, but reopens at 1 p.m.

Sick Call for active duty Soldiers at the Health Clinic is from 7 - 7:30 a.m. on Monday, Tuesday, Wednesday, and Friday.

Regular clinic hours are from Monday through Friday, 7:30 a.m. to 4:15 p.m.; the last appointment is at 3:30 p.m.

Simple prescription refills and other minor medical issues not requiring a doctors’ assistance will be seen until 4:15 pm daily.

The clinic is open beginning at 1:00 p.m. on Thursdays.

For more information, call CIV 0931-889-7787/ 7788 or DSN at 350-7787.



**HEALTHY  
EMPOWERMENT**  
BY DEMETRIUS WILLIS

Dear Demetrius,

The holiday season is here. This is a season that brings happiness, but also a sadness.

Every year I feel like I exercise and make the correct choices regarding my health until November and December.

I want to enjoy the holiday season without feeling guilty, sad, and angry at myself for eating those “forbidden” foods.

*“Holiday Blues”*

*Clarisse*

Dear Clarisse,  
I understand your feelings. The holidays are a time for family, friends, and fun. The season passes by so quickly that there is no time for feelings of guilt or shame. Don’t let food become a battleground that determines your seasonal happiness. Here are five points that will help you maintain health and happiness this season.

**1. Don’t overeat.** Take a little at a time and go back for more if you need. When we take too much, we continue to graze after we are

full. Remember your eyes are always bigger than your stomach.

**2. Watch your portion sizes.** Turkey should be the size of a deck of cards or a checkbook and ½ cup of stuffing which is the size of an ice cream scoop.

**3. Watch out for trigger foods.** These are foods that you know you cannot just have one small amount of. These are also foods that cause you to want an accompanying food with it.


**4. Staying on schedule.** Eat regular meals to not only maintain regulation of your metabolism but also decrease chances of overeating.

**5. Walk it off.** After your meal take a walk. An even better idea is to choose a partner who will agree to walk with you after the meal. I have seen this work so the whole family went for a walk together after the meal.

*Demetrius*

Send your nutrition and fitness questions to [usaggnews@EUR.army.mil](mailto:usaggnews@EUR.army.mil). Demetrius is a registered dietician and a certified personal trainer.

# Look who’s working at the Grafenwoehr Pharmacy



## Spc. Carmie Bryant

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**Hometown:** Augusta, Ga.

**Favorite Phrase:** “HUH?”

**Likes:** Chess, Comics, Sports, Video Games, Family

**Dislikes:** Whining, Nagging, and Misunderstandings

**Favorite Food:** BBQ

**Dream:** “To have my children outlive me”

**Description:** Spc. Carmie Bryant is the main supply tech. If there is something you need, he will do his best to get it for you.

If there is something the pharmacy does not have in stock, it is his fault. But if I were you, I wouldn’t tell him. He’s a rather big guy.



# 72<sup>nd</sup> Medical Detachment cases its colors

Story and photo by Sgt. DAVID CHAPMAN  
30th Medical Brigade Public Affairs Office

Soldiers and civilians gathered to say goodbye to the members of the 72<sup>nd</sup> Medical Detachment (Veterinary Services), during their inactivation ceremony held at Leighton Barracks’ physical fitness center, Nov. 14.

The ceremony brought a close to the long history the unit held in Europe. From being stationed in Naples, Italy, to its last home in Wuerzburg, Germany.

The unit’s combat experience includes taking part in World War II providing food safety and sanitation inspections, to more recently providing veterinary medical care and preventative medicine during Operation Iraqi Freedom 05-07.

Col. Bernard L. DeKoning, 30<sup>th</sup> Medical Brigade commander, was the first to speak during the ceremony, giving his thanks to the unit.

“Today we are going to witness the next phase of the 72<sup>nd</sup> life as a unit as they transition

on to Fort Campbell, Ky.”, said DeKoning. “I say thank you for a job well done in Europe, now its time to move on to Fort Campbell.”

Following DeKoning, Lt. Col. Edward J. Briand, 72<sup>nd</sup> Med. Det. commander, shared his feeling about the group he will be leaving.

“I am proud to have been selected to be the commander who moves this unit. But in doing so I have to leave behind the most outstanding Soldiers in the veterinary services,” said Briand. “Your motivation to get the job done regardless of the circumstances never ceases to amaze me. You always stepped up to the task cheerfully and with high energy.”

Briand also shared thanks for those who helped to make sure the task of getting the unit closed up and ready for its relocation to Fort Campbell.

“I would like to thank everyone who helped to make this move possible. A unit doesn’t move itself and there were many people from many units and agencies who pulled together to get the job done, you all have my sincerest

gratitude”, said Briand.

Following his remarks, Briand and Sgt. 1<sup>st</sup> Class Santiago Gallardo-Johnson, 72<sup>nd</sup> detachment sergeant, proceeded with the ceremonial casing of the unit colors, overseen by Lt. Col. Jonathon Fristoe, 421<sup>st</sup> Multifunctional Medical Battalion commander.

The ceremony then concluded with the playing of the Army Song, followed by the reception.

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**Lt. Col. Edward J. Briand, 72<sup>nd</sup> Medical Detachment (Veterinary Services) commander and Sgt. 1<sup>st</sup> Class Santiago Gallardo-Johnson, 72<sup>nd</sup> Detachment sergeant, case the unit colors during their inactivation ceremony held at Leighton Barracks’ physical fitness center, Nov. 14. The 72<sup>nd</sup> will reactivate under the 86<sup>th</sup> Combat Surgical Hospital at Fort Campbell, Ky.**



# World AIDS Day

## Leaders asked to help get the word out, stop AIDS

by Maj. TINA M. STREKER  
U.S. Army Public Health Nurse

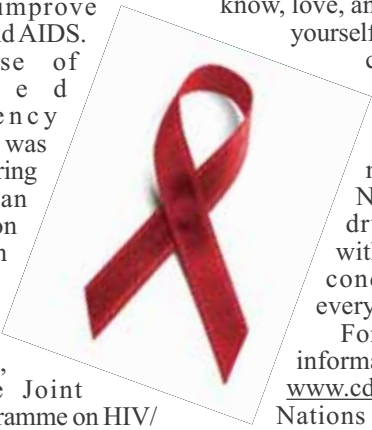
The Red Ribbon is the global symbol for solidarity with HIV-positive people and those living with AIDS.

Dec. 1 has been known as World AIDS Day since 1988 and is dedicated to raising awareness of the AIDS pandemic. World AIDS Day serves to increase awareness, fight prejudice and improve education on HIV and AIDS.

The first case of Acquired Immunodeficiency syndrome, or AIDS, was reported in 1981. During the past 26 years an estimated 65 million people have been infected and an estimated 25 million people have died of AIDS, according to the Joint United Nations Programme on HIV/AIDS.

Commemorating this day is important to keep Human Immunodeficiency Virus, or HIV, and AIDS in the minds of the public and serve as a reminder that HIV and AIDS have not gone away, and that there are many things still to be done.

The theme for World AIDS Day for the next two years is leadership.



Leaders are distinguished by their actions and we can all set the example to lead and take charge in helping stop AIDS.

Leaders demonstrate positive actions at local, national and international levels. Our recognition, education and actions count to inspire individuals at all levels to get the word out and use resources to combat AIDS.

Protect yourself, protect those you know, love, and lead. You can protect yourself from HIV and AIDS by choosing not to have sexual intercourse, or choose to be only one person who tested negative for HIV. DO NOT use intravenous drugs or share needles with anyone, and use latex condoms correctly with every sexual act.

For more resources and information, visit the CDC at [www.cdc.gov](http://www.cdc.gov), the Joint United Nations Programme on HIV/AIDS at [www.unaids.org](http://www.unaids.org), and the World Health Organization at [www.who.int](http://www.who.int).

*Army Regulation 600-110 prescribes policy, procedures, responsibilities, and standards concerning identification, surveillance, and administration of personnel infected with HIV and can be reviewed at [www.apd.army.mil](http://www.apd.army.mil).*

## Make sure you’re in the know, ask yourself these questions

by Maj. KIRSTEN ANKE  
U.S. Army Public Health Nurse

On June 5, 1981, the first case of acquired immunodeficiency syndrome, known as AIDS, was reported. By 1984, the cause of this deadly syndrome was identified as human immunodeficiency virus, or HIV.

Think HIV and AIDS are “over there”?

In the United States every year an estimated 40,000 people become infected with HIV. An estimated 1 million people live with HIV infection, including a small number of military service members. So far in the United States, half a million people have died from HIV/AIDS.

Dec. 1 is World AIDS Day. To ensure you’re in the know about AIDS, take this five-question quiz:

**Q1. How are HIV and AIDS different?**

**A1.** HIV is human immunodeficiency virus. This is the virus that causes AIDS. AIDS is acquired immunodeficiency syndrome. When a person is infected with HIV the body’s defense (immune) system can not fight off infections or diseases. This inability to fight may

result in life-threatening health problems.

**Q2. How is HIV passed from one person to another?**

**A2.** HIV is passed from blood, semen or vaginal secretions of an infected person to an uninfected person through the thin mucous membrane tissue (in the mouth or rectum), or cuts in the skin. Women who are infected with HIV can pass the virus to their baby during pregnancy, delivery or when breast-feeding.

**Q3. Can HIV be spread from person to person through the air or food?**

**A3.** No. HIV is not an airborne or food-borne virus. HIV does not survive well or live long outside of the body.

**Q4. How do I protect myself from HIV?**

**A4.** Chose not to have sexual intercourse, or choose to be with only one person who tested negative for HIV. Do not use intravenous drugs or

share needles with anyone, and use latex condoms correctly with every sexual act.

**Q5. Can I be tested for HIV?**

**A5.** Yes! Speak with your health care provider about HIV and AIDS. In the Army, HIV testing is mandatory. See Army Regulation 600-110, “Identification, Surveillance and Administration of Personnel Infected with Human Immunodeficiency Virus,” for testing requirements for the Active and Reserve components).

To find the nearest HIV testing site visit the National HIV Testing Resources Web site at <http://www.hivtest.org> or call the Centers for Disease Control and Prevention toll-free 24 hours/day at (800) CDC-INFO (232-4636), (888) 232-6348 (TTY), in English, en Español. Both of these resources are confidential.

For more resources and information, visit the CDC at [www.cdc.gov](http://www.cdc.gov); [www.nih.gov](http://www.nih.gov), the Joint United Nations Programme on HIV/AIDS at [www.unaids.org](http://www.unaids.org) and the World Health Organization at [www.who.int](http://www.who.int).

To review AR 600-110, visit the Army Publishing Directorate at [www.apd.army.mil](http://www.apd.army.mil).

## Pregnancy Services Referral List

Special to the Bavarian News

Expecting? Make sure you know how to find the services you need!

**WIC (Women, Infants and Children):** WIC teaches women what foods to eat for a healthy pregnancy. Some pregnant women, women who have had a baby, and children up to age 5 can get help buying foods that are good for you. [Vilseck](mailto:Vilseck@amedd.army.mil) Bldg.221, **DSN 476-3790**

**New Parent Education and Support:** NPES helps families as they transition from pregnancy to having a young child or toddler in the home. They offer home visits, parenting information, weekly play morning, prenatal classes, infant massage classes, and a breastfeeding mothers support group. Dads are welcome! [Vilseck](mailto:Vilseck@amedd.army.mil) Bldg.322, **DSN 476-2650**

**Occupational Health:** Evaluates your work place for potential hazards to decrease the risks to you and your baby. [Graf](mailto:Graf@amedd.army.mil): Bldg 539, Rm 223, **DSN 475-6815**

**Family Advocacy:** Women are more likely to be hurt or killed by their husband/boyfriend while they are pregnant. Your safety and the safety of your children are important to us. Restricted reporting is available on a case by case basis. [Vilseck](mailto:Vilseck@amedd.army.mil) ACS: **DSN 476-**

**2650Bldg.322**

**ASAP (Army Substance Abuse Program):** ASAP counselors can help you if you are using drugs or alcohol. Counseling is voluntary if you are a family member. [Graf](mailto:Graf@amedd.army.mil): **DSN 475-1710** [Vilseck](mailto:Vilseck@amedd.army.mil): **DSN 476-1710**

**Social Work Services:** Marriage and Family Therapy. Pregnancy can be a challenging time for a woman and her family. It can place increasing stress on relationships. Individual, marital, and family therapy is available. Counseling is also available for people struggling with anger management or PTSD (post traumatic stress disorder). [Vilseck](mailto:Vilseck@amedd.army.mil) **DSN 476-2100**

**Military Life Counselor:** Confidential counseling for soldiers and family members. [Vilseck](mailto:Vilseck@amedd.army.mil): **DSN 476-3276** [Cell](mailto:Cell@amedd.army.mil): **CIV 0173-184-7209**

**Community Health Nurse (CHN):** Sees people for tobacco cessation, questions about sexual health, and family planning services. Links families with community resources and education. [Graf](mailto:Graf@amedd.army.mil) **DSN 475-7152/7418** [Vilseck](mailto:Vilseck@amedd.army.mil) **DSN 476-2165/3322**

**Family Life Chaplain:** Provides faith based individual, marital and family therapy. [Graf](mailto:Graf@amedd.army.mil) **DSN 475-1370** [Vilseck](mailto:Vilseck@amedd.army.mil) **DSN 476-1750**

**CYS (Child & Youth Services) Central**

**Registration:** CYS provides affordable day care options for infants to teenagers. Plan ahead! Waiting lists can be long. [Vilseck](mailto:Vilseck@amedd.army.mil) **DSN 476-2760**

**Passports Services:** Apply for your newborn’s passport. This service can take 8-12 weeks. [Graf](mailto:Graf@amedd.army.mil):Bldg.244, **DSN 475-6550** [Vilseck](mailto:Vilseck@amedd.army.mil): Bldg.245, **DSN 476-3043**

**Passport Photos Vilseck:** [Vilseck](mailto:Vilseck@amedd.army.mil): Bldg. 247 **DSN 476-2639**

**Lactation Consultant:** 8 AM-9 PM Donna Ellis [E-mail: donna.ellis@amedd.army.mil](mailto:donna.ellis@amedd.army.mil) [Graf](mailto:Graf@amedd.army.mil):Bldg.244, **DSN 475-6550** [Vilseck](mailto:Vilseck@amedd.army.mil): Bldg.245, **DSN 476-3043**

**Hospital:** Elke Lotter CIV 09621 381762 [Weiden](mailto:Weiden@amedd.army.mil) **DSN 476-2639**

**Cell:** CIV 0172-621-5136 **DSN:** 371-3126 (Donna Ellis)

**Patient Care Liaison:** Daily visits during your stay in the hospital. Translation, patient education, and patient care coordination while pregnant and after you leave the hospital. PCL can also arrange for a German Midwife to visit your home after your discharge.[Graf](mailto:Graf@amedd.army.mil): **DSN 475-7152** [Vilseck](mailto:Vilseck@amedd.army.mil): **DSN 476-2006**

**Tricare:** Your first stop after enrolling your newborn in DEERS. Here you will fill out the TRICARE enrollment form and a Medical Provider will be assigned as your baby’s

Primary Care Manager (PCM). [Vilseck](mailto:Vilseck@amedd.army.mil) Bldg. 700 Rm 20, **DSN 476-2026** [Graf](mailto:Graf@amedd.army.mil) Bldg. 475, **DSN 475-8589**

*Note: All telephone numbers are DSN. To dial them from home/off post dial the following prefix:*

To convert any DSN to a civilian line: [Grafenwoehr](mailto:Grafenwoehr@amedd.army.mil) 09641-83-XXXX [Vilseck](mailto:Vilseck@amedd.army.mil) 09662-83-XXXX. The last four numbers are the same.

**\*\*\* Active Duty\*\*\***

**PPPT (Pregnancy/Postpartum Physical Fitness Training)** A PT program for pregnant and postpartum service women: run for Soldiers, by Soldiers. The garrison health promotion coordinator serves as the liaison. **DSN 475-8433**

**Health Promotion** Health Promotion offers coordination with tenant units to provide Pregnancy-Postpartum Physical Training (PPPT) to active duty mothers. **DSN 475-8433**

See the Dec. 12 BavarianNews for more pregnancy services referral information.